



Alan Connie Shamrock Invitational
Hosted by the City of Myrtle Beach and Coastal Carolina University
Thursday-Saturday March 19-21, 2020
Doug Shaw Memorial Stadium - Myrtle Beach, SC



FACILITY (Doug Shaw Memorial Stadium, 705 33rd Ave North, Myrtle Beach, SC 29577):

The facility underwent a \$5+ million renovation in 2017. The common start-finish has been moved to the main grandstand (east) side of the stadium. The 100m, and 100/110HH events are now contested on the new straight-away in front of the main grandstand. Stadium Capacity (6,500) New LED lights for night events and New Video scoreboard with results. NCAA & NFHS Certified 400M track, Beynon Sports Surfaces Full Pour Polyurethane Synthetic Surface with Embedded Texture, Eight 42" lanes, sprint and short hurdles marked in both directions on both straightaways, South D-area (High Jump), North D-area (Steeplechase Water Jump, 4 Pole Vault runways), Long/Triple Jump (Inside the track oval, 2 runways with sand pits at each end (4 total pits) parallel to main straight), all throws are outside the track oval, Javelin runway is 4m x 36.5m same synthetic surface as track and solely dedicated landing area, NCAA Hammer/Discus cage with one recessed circle, 2 Shot Put circles with separate rock dust landing areas. FLATS OR 1/4" SPIKES ONLY ON TRACK SURFACE.

MAYOR'S RELAY CUP: The City of Myrtle Beach Mayor, the honorable Brenda Bethune, will present an award cup to the top male and female collegiate institutions based on a cumulative score of all the relay events held at the 2019 Alan Connie Shamrock Invitational. All four relay events (4x100m, 4x200m, 4x400m, 4x800m) will each be scored 1st-8th place (10-8-6-5-4-3-2-1) and the male and female teams with highest total points will each take home the "Shamrock Invitational Mayor's Relay Cup". Note: Collegiate institutions can enter more than one team in any relay event; however only one team will count in the scoring of each relay event, also club and unattached relay teams will NOT count in the scoring or be eligible for the award.

ELIGIBILITY/RULES: Meet is open to NCAA, NAIA, NJCAA, CLUB AND UNATTACHED athletes. HS age athletes may compete but must do so unattached and they may NOT represent their HS. Current NCAA rules will govern all meet competition.

INTENT TO COMPETE: [Click here](#) to declare your institution/club intent to compete and put your institution/club on the invited team list:

HOTEL PARTNERS: The 2020 Spring Break Meets have partnered with full service ocean front resort groups including Vacation Myrtle Beach, Brittain Resorts, Hilton, and Wyndam. Staff are available at each property to give you the best rates and room types that fit your team's needs. For a complete list of properties, starting rates, distance to the stadium and contact information [Click Here](#) Make sure to use the contact listed for the best rates and customer service. We highly recommend you book as soon as possible.

ENTRY FEES: \$550.00 PER GENDER TEAM / \$1100.00 MENS AND WOMENS COMBINED TEAM

Teams are defined as 15 or more athletes per gender. Teams with less than 15 athletes are \$35 per individual. Unattached athletes are \$35 each. There is no limit on the number of events an athlete can be entered in, or the number of teams that an institution or club may enter in a relay event, however each team will be limited to entering a maximum of four athletes in all individual running and field events. Entries will be open on-line at <https://www.directathletics.com> by February 1, 2020. (You must be on the invited team/club list to enter on-line)

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PAYMENT OF ENTRY FEES: ALL entry fees MUST be prepaid and are non-refundable. We will NOT be taking entry fees the day of the meet. If we do not receive your entry fee by the posted deadlines your entries will not be accepted into the meet. Entry fees can be paid either by check or credit card on-line.

Make checks payable to “The City of Myrtle Beach” 2101 N. Oak Street, Myrtle Beach, SC 29577 Attn: Shamrock Invitational. Checks must be received by Tuesday March 17, 5:00pm. Credit card payments will be accepted at www.directathletics.com by the entry deadline, please note Direct Athletics charges a service fee for the convenience of paying your entry fee on-line and that your entries can not be modified once you have paid on-line.

Entry Deadline is 11:59pm Monday March 16, 2020.

SUBMITTING ENTRY MARKS ON DIRECT ATHLETICS: Please make sure you have updated your athlete’s 2020 OUTDOOR eligibility PRIOR to entering them in any events. The entry system will be pre-set to enter your athlete’s best event performance in the TFRRS system going back to December 1, 2018. If the athlete does not have a mark in the system for that time frame it will default to NM, however you may enter a projected entry mark along with an entry note (ie for a 4:48 1500m projected mark “ran 5:10 mile in HS” or for a 14:58 5000m projected mark “has 3000 pr of 8:42, never run 5000” or for a 10.85 100m projected entry mark “ran 6.91 60m indoors”). The meet director reserves the right to reseed projected marks without a note or that appear to be unrealistic.

PUBLISHING ENTRY MARKS (per NCAA Rule 4-1.11)

“The meet director shall publish, as part of the online information for the competition, a ranked list of event entries disclosing all performances used to determine entry in each event and the source of those performances.” A descending order list of accepted entries will be posted at <http://www.myrtlebeachspringtraining.org/coastal-carolina-invitational.html> www.goccusports.com and emailed to all participating teams by 12pm Tuesday March 17, 2020.

SCRATCHES: After review of performance list please send any scratches and/or corrections to jjacobs@cityofmyrtlebeach.com by 5pm Tuesday March 17, 2020.

HEAT SHEETS/FINAL SCHEDULE OF EVENTS: Will be posted at

<http://www.myrtlebeachspringtraining.org/alan-connie-shamrock-invitational.html> www.goccusports.com and emailed to all participating teams by 9am Wednesday, March 18, 2020. Hard copies will be available at packet pick-up.

MINIMUM MARKS: Only the first legal mark under the minimum will be measured under the following standards: Men’s hammer/discus 124’ 8” (38m), Women’s hammer/discus 105’ 0” (32m), Men’s Javelin 131’ 3” (40m), Women’s Javelin 98’ 5” (30m), Men’s Shot Put 39’ 4” (12m), Women’s Shot Put 32’ 9” (10m).

TENTATIVE OPENING HEIGHTS and BAR PROGRESSIONS:

Women’s “B” HJ - 4’ 9” (1.45m), Women’s “A” HJ - 5’ 1” (1.55m)

Women’s “B” PV – 9’ 0.25” (2.75m), Women’s “A” PV – 10’ 11.75” (3.35m)

Men’s “B” HJ – 5’ 10” (1.78m), Men’s “A” HJ – 6’ 2” (1.88m)

Men’s “B” PV – 12’ 0” (3.66m), Men’s “A” PV 13’ 11.75” (4.26m)

Bar Progressions: HJ start at 5cm, then 3cm at height TBD, PV start at 15cm, then 10cm at height TBD

SEEDING/FORMAT: Qualifying rounds will be run in the 100m and 100/110mHH for all competitors on Friday. The top 24 verified entries in each event will automatically advance to the semi-final round. All other entrants will run in a Qualifying round with the top 8 times advancing to the semi-finals. There will be 4 heats in the semi-final round with the winner of each heat and the next 4 fastest advancing to the finals on Saturday. All other running events will be timed section finals and seeded fastest to slowest. We

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will not run ahead of the FINAL posted schedule, unless inclement weather or impending inclement weather becomes a problem and we need to move to a rolling schedule. Field event flights will be seeded shortest to longest or lowest to highest. In the LJ, TJ, SP, DISC, JAV, and HAMMER all competitors will receive 3 attempts, the top 9 competitors will advance to a final flight for 3 more attempts. **If a field event is separated into an "A" and "B" flight the final results will combined with only one event winner.**

CHECK-IN: All athletes in the running events must check in with the clerk (located in the warm-up area) no later than (1) hour prior to the scheduled starting time for their event to get hip numbers. Due to the large number of flights expected, field event check-in will be FLIGHT SPECIFIC. Athletes must be checked in PRIOR to the start of their flight or they will be scratched from the event. Field event check-in is at the field event site with the head official. Heat sheets will be provided in the team packet. **Both the Seeded 200m and 4x400m Relays will be seeded after Declaration. Athletes and Relay teams must be Declared for these events 1 hour prior to the event or they will be scratched.** All Relay teams must fill out a relay card signed by the coach and turn it into the clerk at the time of check-in.

WARM-UP AREAS: Warm-ups will be done on Ashley Booth Field (field turf area by the clerking tent). There are to be no athletes warming-up on the infield or track unless they are actively competing in an ongoing field event or are being staged for the next running event.

TEAM TENTS: Team tents will be allowed on the warm-up field (Ashely Booth), behind the visiting stands and underneath the main grandstand. NO tent stakes are allowed on Ashley Booth. There will be NO team tents allowed in the main grandstands. If you would like to rent a tent for the meet contact Blake Barbee at bbarbee@cityofmyrtlebeach.com or 843-918-2370

RESULTS: Live Results will be posted on-line at the timer's website. Hard Copy Results will be posted on result board on the side of the main grandstand, next to the public entrance. Final Results will be posted at the following sites <http://www.myrtlebeachspringtraining.org/alan-connie-shamrock-invitational.html> www.goccusports.com, www.directathletics.com, www.tfrs.org

RESTROOMS/SHOWERS: Permanent restrooms are available in the stadium and in the Ned Donkle building by the warm-up area. Portable toilets will be located at the throws areas. Showers are not available at Doug Shaw Memorial Stadium. If you need access to showers after the event, please contact Jordan Simbeck jsimbeck@cityofmyrtlebeach.com or 843-231-2337 for access to facilities at Pepper Geddings recreation center.

WEIGH-INS: Athletes are expected to provide their own implements. Implements will be inspected and weighed for NCAA compliance prior to competition. Implements must be brought to the equipment building and will be impounded prior to the competition. A detailed weigh-in schedule will be provided once the event time schedule has been finalized.

SCHEDULE: Due to the anticipated size of the meet we are limiting the number of sections in running events on Saturday, OPEN sections will be run starting at 11:00am on Friday to accommodate entries beyond the number of seeded sections listed by event on the schedule for Saturday. See attached time schedule. Please note the schedule is tentative and may be modified due to weather or larger/smaller than expected entry fields. A FINAL Schedule with any revisions will be posted and emailed by 9am on Wednesday March 18, 2020. We will not run any event ahead of the FINAL scheduled time, unless inclement weather or impending inclement weather becomes a problem.

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ATHLETIC TRAINING: Certified athletic trainers and City of Myrtle Beach EMS will be on site for all competition days. Details on what medical supplies/services are available will be emailed to all registered coaches and unattached athletes.

INCLEMENT WEATHER POLICY: The Meet Director will communicate with Athletic Training, EMS and the Meet Referees regarding the suspension of competition due to inclement weather. If a lightning strike is detected with-in 8 miles of the stadium all competition will be suspended and the stadium will be evacuated. All participants and spectators will be directed to take refuge in their team busses, vans or personal vehicles. Meet officials and staff will be directed to take refuge in the support building. No one will be allowed to return to the stadium until an "All Clear" is given. The Meet Director will communicate via email/text/social media regarding the status of the delay, when it is safe to return to the stadium and at what time competition will resume. At any time the Meet Referee may suspend competition in a particular event where the conditions are deemed unsafe to continue (ie extreme wind, standing water on the runway etc.)

AWARDS: The top collegiate finisher in each event will receive an awards t-shirt. **Field events that are separated in "A" and "B" flights are NOT treated as separate events, the results of both flights will be combined with only one event winner. Running events that are separated into OPEN and SEEDED sections will each have an event winner eligible for an award t-shirt.** Award t-shirt redemption vouchers can be claimed at packet pick-up once the official results for the event have been posted. Unattached and open competitors are NOT eligible for awards.

PARKING: Limited parking is available in the Doug Shaw Memorial Stadium parking lot off 33rd Avenue North (especially on Friday). Buses will be allowed to drop off athletes and equipment at the front gate and then be directed to park in front of the skate park. Overflow parking will be available on Friday after 3pm and Saturday at MB Primary or MBHS lots.

PACKET PICK-UP: Packet pick-up will be open from 3-7pm on Thursday March 19 and at 8:00am Friday March 20 through the end of competition. Packet pick-up is located just outside the participant entrance to the stadium.

CREDENTIALS/STADIUM AND INFIELD ACCESS: All coaches and team support staff must show credentials to enter the stadium. Credentials will be provided in team packet at packet pick-up. Coaches and team support staff with credentials will be allowed on the infield inside of designated coaching boxes.

COACHES HOSPITALITY: Meals, snacks and drinks for coaches (meals one coach per gender team) will be available on Friday and Saturday in the new support building next to the main grandstand. Details regarding access, hours and limitations will be provided at packet pick-up and via email the week of the competition.

ADMISSION: Admission will be charged on Friday and Saturday, there will no charge for Thursday. Adults are \$12/day or \$20/meet, which includes the meet program, students with school ID are \$5, and children under 6 are free.

COMPETITOR NUMBERS: All participating athletes (college, club and unattached) must wear a competitor number while competing. They must also present the number at the clerk's tent or field event site to be checked into the event and to gain access to the stadium. Competitor numbers will be provided in the team packet at packet pick-up and remain the same for all days of competition.

QUESTIONS/MEET DIRECTOR CONTACT INFO: Feel free to contact the 2019 Spring Break Meets Director Jeff Jacobs at 843-231-5677 cell, or email jjacobs@cityofmyrtlebeach.com

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PRACTICE/TRAINING DURING SPRING BREAK: See schedule below for 'open' practice hours at Doug Shaw Memorial Stadium (Myrtle Beach).

The Spring Break Meets have partnered with the Myrtle Beach High Performance Center for your team's off-track training needs. Located just minutes from the beach and stadium, the facility has the equipment and staff to complete a great week of training. Contact Taylor Jones at 843-903-0075 or connect through facebook.com/MyrtleBeachHPC/

2020 Open Practice hours listed below are for Doug Shaw Memorial Stadium

Day and Date	Times (venues)
Sunday March 8	Closed
Monday March 9	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 10	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 11	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 12	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Friday March 13	Coastal Carolina Invitational Day 1 (practice will be allowed on the track from 8am until 30min prior to the first running event) Shot Put Pits are available for practice All other field events closed for practice
Saturday March 14	Coastal Carolina Invitational Day 2 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Sunday March 15	Closed
Monday March 16	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 17	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 18	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 19	8am-TBA (Track/Jumps/Javelin/SP/Throwing Cage) MBTFC Day/Shamrock Invitational Day 1
Friday March 20	Shamrock Invitational Day 2 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Saturday March 21	Shamrock Invitational Day 3 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Sunday March 22	Closed
Monday March 23	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 24	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 25	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 26	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)

-The following will be available at the stadium on all practice days: shade tents, benches, water, ice, starting blocks, PV/HJ/LJ landing pits, bungees, crossbars, rakes, brooms, hurdles, steeplechase barriers, all throwing areas.

-The steeplechase water pit will ONLY be filled and available for practice on Thursday March 12 and Thursday March 19.

-Pole Vault poles and javelins may be stored at the stadium on practice and competition days. An area by the front of the stadium will be designated for daily drop-off and pick-up.

-Pole Vault poles and/or javelins may be shipped to:

Pepper Geddings Recreation Center 3205 N Oak St, Myrtle Beach, SC 29577 attn: Blake Barbee

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Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
TENTATIVE Events Time Schedule March 19-21, 2020



Thursday, March 19th

5:30pm Myrtle Beach Track & Field Club Day

TRACK EVENTS

7:00pm 10,000 Women

7:50pm 10,000 Men

Friday, March 20th

FIELD EVENTS

10:00am Men's Hammer Throw (Top 9 advance to finals)

10:00am Women's Javelin Throw (Top 9 advance to finals)

10:30am Long Jump Men and Women (Top 9 advance to finals)

12:00pm "B" Flight Women's Pole Vault (Opening height 2.75m/9'0.25")

1:00pm "A" Flight Women's High Jump (Opening height 1.55m/5'1")

1:00pm "B" Flight Women's High Jump (Opening height 1.45m/4'9")

2:00pm Women's Hammer (top 9 advance to finals)

2:00pm Men's Javelin (top 9 advance to finals)

2:30pm "A" Flight Women's Pole Vault (Opening height 3.35m/10' 11.75")

TRACK EVENTS (Timed Section Finals run fast to slow):

9:30am 3000 meters Women (All Timed Section Finals)

10:15am 3000 meters Men (All Timed Section Finals)

11:00am 200 meters Women (Open Timed Section Finals)

11:15am 200 meters Men (Open Timed Section Finals)

11:30am 1 Mile Women (Open Timed Section Finals)

12:00pm 1 Mile Men (Open Timed Section Finals)

12:30pm 400 meters Women (Open Timed Section Finals)

12:50pm 400 meters Men (Open Timed Section Finals)

1:10pm 100 meters Women's Qualifying (Top 8 times advance to Semi Finals @3:30pm)

1:30pm 100 meters Men's Qualifying (Top 8 times advance to Semi Finals @3:45pm)

1:50pm 800 meters Women (Open Timed Section Finals)

2:10pm 800 meters Men (Open Timed Section Finals)

2:45pm 100mHH Women's Qualifying (Top 8 times advance to Semi Finals @5:30pm)

3:10pm 110mHH Men's Qualifying (Top 8 times advance to Semi Finals @5:45pm)

3:30pm 100 meters Women's Semi-Finals (4 heats, Winners + next 4 advance to Sat. Final)

3:45pm 100 meters Men's Semi-Finals (4 heats, Winners + next 4 advance to Sat. Final)

4:10pm 4x800m relay Women (1 turn stagger. double waterfall)

4:30pm 4x800m relay Men (1 turn stagger, double waterfall)

5:00pm 4x200m relay Women (4 turn stagger, in lanes all the way)

5:15pm 4x200m relay Men (4 turn stagger, in lanes all the way)

5:30pm 100mHH Women's Semi-Finals (4 heats, Winners + next 4 advance to Sat. Final)

5:45pm 110mHH Men's Semi-Finals (4 heats, Winners + next 4 advance to Sat. Final)

6:15pm 5,000 meters Women (All Timed Section Finals)

7:00pm 5,000 meters Men (All Timed Section Finals)

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Saturday, March 21st

FIELD EVENTS

- 9:00am Men's Discus (Top 9 advance to finals)
10:30am Women's Shot Put
(2 pits, Flights 1&2 Pit "B", Flights 3&4 Pit "A", Top 9 advance to finals in Pit "A")
11:00am "B" Flight Men's High Jump (Opening height 1.78m/5'10")
11:00am "A" Flight Men's High Jump (Opening height 1.88m/6'2")
11:00am "B" Flight Men's Pole Vault (Opening height 3.66m/12' 0")
1:30pm Men's Shot Put
(2 pits, Flights 1&2 Pit "B", Flights 3&4 Pit "A", Top 9 Advance to finals in Pit "A")
1:30pm Women's Discus (Top 9 advance to finals)
1:30pm "A" Flight Men's Pole Vault (Opening height 4.26m/13' 11.75")
2:00pm Women's Triple Jump (pit closest to track, Top 9 advance to finals)
2:00pm Men's Triple Jump (pit closest to FB field, Top 9 advance to finals)

TRACK EVENTS (Timed Section Finals run fast to slow)

- 10:00am CCU Alumni Memorial Mile Fun Run/Walk
10:30am Seeded Mile Women (3 Timed Section Finals)
10:50am Jamie McCarthy Men's Mile Run (3 Timed Section Finals)
11:15am 4x100 meter relay Women (All Timed Section Finals)
11:35am 4x100 meter relay Men (All Timed Section Finals)
11:55am 100 meter HH Final Women (Qualifiers from Friday Semi-Finals)
12:10pm 110 meter HH Final Men (Qualifiers from Friday Semi-Finals)
12:25pm Seeded 400 meter Women (8 Timed Section Finals)
12:55pm Seeded 400 meter Men (8 Timed Section Finals)
1:15pm 100 meter Final Women (Qualifiers from Friday Semi-Finals)
1:20pm 100 meter Final Men (Qualifiers from Friday Semi-Finals)
1:30pm Seeded 800 meters Women (4 Timed Section Finals, 1 turn stagger in lanes)
1:50pm Seeded 800 meters Men (4 Timed Section Finals, 1 turn stagger in lanes)
2:15pm 400 meter LH Women (All Timed Section Finals)
2:30pm 400 meter IH Men (All Timed Section Finals)
3:00pm Seeded 200 meters Women (Seeded after check-in, MUST declare by 2:00pm!)
3:20pm Seeded 200 meters Men (Seeded after check-in, MUST declare by 2:20pm!)
3:50pm 3000 meters Steeplechase Women (All Timed Section Finals)
4:20pm 3000 meters Steeplechase Men (All Timed Section Finals)
4:50pm 4x400 meter relay Women (Seeded after check-in, MUST declare by 3:50pm!)
5:15pm 4x400 meter relay Men (Seeded after check-in, MUST declare by 4:15pm!)

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