



**2020 Alan Connie Shamrock Invitational**  
**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)

***MEET INFO AND UPDATES*** [www.myrtlebeachspringtraining.org](http://www.myrtlebeachspringtraining.org)



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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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