2018 Alan Connie Shamrock Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
TENTATIVE Events Time Schedule March 15-17, 2018

Thursday, March 15th
5:30pm Myrtle Beach Track & Field Club Day

TRACK EVENTS
7:00pm 10,000 Women
7:50pm 10,000 Men

Friday, March 16th

FIELD EVENTS
10:00am Men’s Hammer Throw (Top 9 advance to finals)
10:00am Women’s Javelin (Top 9 advance to finals)
12:00pm “A” Section Long Jump Men and Women (Top 2 flights, top 9 go to finals)
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")
1:00pm "A" Flight Women’s Pole Vault (Opening height 3.20m/10’6“)
2:00pm Women’s Hammer (top 9 advance to finals)
2:00pm Men’s Javelin (top 9 advance to finals)
3:30pm "B" Women's Pole Vault (Opening height 2.75m/9'0.25")

TRACK EVENTS (Sections run fast to slow):
10:00am 200 meters Women (Open Sections)
11:15am 200 meters Men (Open Sections)
11:30am 1 Mile Women (Open sections)
12:00pm 1 Mile Men (Open Sections)
12:30pm 400 meters Women (Open sections)
12:50pm 400 meters Men (Open sections)
1:10pm 800 meters Women (Open sections)
1:40pm 800 meters Men (Open sections)
2:30pm 100 meters Women's Trials (Top 8 collegiate times qualify to Sat. final)
3:05pm 100 meters Men's Trials (Top 8 collegiate times qualify to Sat. final)
3:45pm 4x800m relay Women (1 turn stagger. double waterfall)
4:00pm 4x800m relay Men (1 turn stagger, double waterfall)
4:20pm 4x200m relay Women (4 turn stagger, in lanes all the way)
4:40pm 4x200m relay Men (4 turn stagger, in lanes all the way)
5:00pm 100mHH Women's Trials (top 8 collegiate times qualify for Sat. final)
5:30pm 110mHH Men's Trials (top 8 collegiate times qualify for Sat final)
6:00pm 3,000 meters SC Women
6:20pm 3,000 meters SC Men
6:45pm 5,000 meters Women
7:30pm 5,000 meters Men
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Saturday, March 17th

FIELD EVENTS
9:00am Men’s Discus (top 9 advance to finals)
9:00am “B” Section Long Jump Women (pit closest to track)
9:00am “B” Section Long Jump Men (pit closest to FB field)
10:30am Women’s Shot Put (2 pits, Flight 1&2 Pit “B”, Flight 3&4 Pit “A”)
11:00am “B” Flight Men’s High Jump (Opening height 1.80m/5’10”.75”)
12:00pm “B” Flight Men’s Pole Vault (Opening height 3.70m/12’1.5”)
1:00pm “A” Flight Men’s High Jump (Opening height 1.90m/6’2.75”)
1:30pm Women’s Triple Jump (pit closest to track)
1:30pm Men’s Shot Put (2 pits, Flight 1&2 Pit “B”, Flight 3&4 Pit “A”)
1:30pm Women’s Discus (top 9 advance to finals)
2:00pm “A” Flight Men’s Pole Vault (Opening height 4.30m/14’1.25”)
2:30pm Men’s Triple Jump (pit closest to FB field)

TRACK EVENTS (Women followed by Men, Sections run fast to slow)
10:30am Seeded Mile Women (3 sections)
10:50am Seeded Mile Men (3 sections)
11:15am 4x100 meter relay Women (all sections)
11:35am 4x100 meter relay Men (all sections)
11:55am 100 meter HH Final Women (top 8 collegiate times from Friday prelims)
12:10pm 110 meter HH Final Men (top 8 collegiate times from Friday prelims)
12:25pm Seeded 400 meter Women (8 sections)
12:55pm Seeded 400 meter Men (8 sections)
1:15pm 100 meter Final Women (top 8 collegiate times from Friday prelims)
1:20pm 100 meter Final Men (top 8 collegiate times from Friday prelims)
1:30pm Seeded 800 meters Women (4 Sections, 1 turn stagger in lanes)
1:50pm Seeded 800 meters Men (4 sections, 1 turn stagger in lanes)
2:15pm 400 meter LH Women (all sections)
2:30pm 400 meter IH Men (all sections)
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 2:15pm!)
3:45pm 3000 meters Women (all sections)
4:25pm 3000 meters Men (all sections)
5:00pm 4x400 meter relay Women (seed after check-in, MUST declare by 4:00pm!)
5:30pm 4x400 meter relay Men (seed after check-in, MUST declare by 4:30!!)