



## Beach Run Invitational

Hosted by the City of Myrtle Beach

Friday & Saturday April 5-6, 2024

Doug Shaw Memorial Stadium (Myrtle Beach, SC)

**ELIGIBILITY/RULES:** The Beach Run Invitational, through Myrtle Beach HS is a NFHS Sanctioned Invitational for High School Varsity Teams Only. High School Teams must be approved by their state association through the sanctioning process to participate. NO unattached entries will be accepted. Individual athletes who are here in Myrtle Beach during Spring Break with family may compete but must represent their HS and wear official HS uniform. Current NFHS rules will govern all meet competition.

**INTENT TO COMPETE:** Your High School Team must be on the Invited list to enter online. To be added to the Invited list a coach must complete and submit the Intent to Compete form on the Beach Run Invitational page at: <https://www.officialmyrtlebeachsports.com/beach-run-intent-to-compete-form.html>

**ENTRY FEES: Maximum of \$295.00 PER GENDER TEAM / \$590.00 BOYS AND GIRLS COMBINED TEAM**

Teams are defined as 12 or more athletes per gender. Teams with less than 12 athletes are \$25.00 per individual. Teams may enter three athletes in each event, four events per athlete, including relays. Teams may also enter a 'B' and 'C' Relay Team. 'B' and 'C' Relays may be run as separate sections. Non-scoring. No awards. Entries will be open on-line at <https://sc.milesplit.com> on Jan 15, 2024. (You must be on the invited team list to receive a password to access entries)

**HOTEL PARTNERS:** Brittain Resorts is the Official Resorts Partner of the 2024 Spring Break Meets. Brittain Resorts offers a variety of award-winning, full-service oceanfront properties to choose from in close proximity to the Stadium. For details on preferred rates, properties, and room types available go to the following link:

<https://www.brittainresorts.com/spring-break-meets/>

To book your team's room block today please email Jean Darrah [jean.darrah@brittainresorts.com](mailto:jean.darrah@brittainresorts.com)

Please include team name, resort(s) of interest, and dates to include pre & post training dates.

**THINGS TO DO/VISIT MYRTLE BEACH:** What a better location to support your team with all the activities the Myrtle Beach area offers. 60 miles of sun, surf and sand are not the only things the Myrtle Beach area has to offer. Whether you are ready to relax by the beach or take a ride on a jet ski, the Myrtle Beach Area offers it all. Check out all the in between games/competitions. There are so many fun activities to choose from, it'll be hard to do it all. Go to the [visitmyrtlebeach.com/things-to-do](http://visitmyrtlebeach.com/things-to-do) to find out more about fun-filled entertainment options, 100's of restaurants, shopping and so much more! Come play, stay and dine in the Myrtle Beach area and see what all awaits you in between competitions.

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

Stadium Capacity (6,500), LED lights for night events and Daktronics Video scoreboard with integrated results. NCAA Certified 400M track, Beynon Sports 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 (2 High Jump Pits), North D-area (Steeplechase Water Jump, 4 Pole Vault runways, 2 Pole Vault Pits), Long/Triple Jump (Inside the track oval, 2 runways with sand pits at each end (4 total pits parallel to main straight), Triple Jump Boards at 36' and 41' on inside runway, 24', 32', 36', 41' on outside runway, 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, includes new 10'x 65' cement pad for training, 2 Shot Put circles with separate rock dust landing areas. FLATS OR 1/4" SPIKES ONLY ON TRACK SURFACE.

**MEET INFO AND UPDATES** [www.officialmyrtlebeachsports.com/](http://www.officialmyrtlebeachsports.com/)

**FIELD LIMITS (New for 2024):** The fields in the Long Jump, Triple Jump and throws will be limited to the top 64 verifiable entries by performance. Fields in the High Jump and Pole Vault will be limited to the top 25 verifiable entries.

**PAYMENT OF ENTRY FEES:** Make checks payable to "The City of Myrtle Beach" Mail to 2101 N. Oak Street Myrtle Beach, SC 29577 Attn: Jeff Jacobs. Will accept cash, CC or check at packet pick-up. Payment must be received prior to receiving packet.

**On-line Entry Deadline is 10:00pm ET Tuesday April 2, 2024.** A descending order list of entries will be emailed to all head coaches and posted at [www.snaptiming.com](http://www.snaptiming.com) [www.officialmyrtlebeachsports.com/beach-run-invitational.html](http://www.officialmyrtlebeachsports.com/beach-run-invitational.html) by **Wednesday April 3, 2024 at 9am.**

**SCRATCHES:** After review of performance list please send any scratches and/or corrections to [jjacobs@cityofmyrtlebeach.com](mailto:jjacobs@cityofmyrtlebeach.com) by 12pm NOON **Wednesday April 3, 2024.**

**HEAT SHEETS/FINAL SCHEDULE OF EVENTS:** Will be posted at [www.snaptiming.com](http://www.snaptiming.com) [www.officialmyrtlebeachsports.com/beach-run-invitational.html](http://www.officialmyrtlebeachsports.com/beach-run-invitational.html) and emailed to all head coaches by 9pm **Wednesday April 3, 2024.** Hard copies will be available at packet pick-up.

**TENTATIVE MINIMUM MARKS:** Only the first legal mark under the minimum will be measured under the following standards: Boys Discus/Javelin (30m-98' 5"), Girls Discus/Javelin (20m-65' 7"), Boys Shot Put (10m-32' 9"), Girls Shot Put (7.50m- 24' 7.25"). No Minimum marks for long and triple jumps.

**TENTATIVE OPENING HEIGHTS and BAR PROGRESSIONS:**

Girls Pole Vault: 2.13m (7' 0"), 15cm (6") progression; Boys Pole Vault: 2.44m (8' 0"), 15cm (6") progression  
Girls High Jump: 1.37m (4' 6"), 5cm (2") progression; Boys High Jump: 1.68m (5' 6"), 5cm (2") progression  
These standards are subject to change based on the final entries.

**SEEDING/FORMAT:** In all running events scheduled with prelims, the 8 fastest times overall will advance to the finals. If there are 8 or less entries in a preliminary running event, the event will be run as a final only at the scheduled time for the final. All other running events will be run in timed finals seeded in sections from slow to fast, girls followed by boys. We 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 events will be measured in metric, conversions to feet and inches will be in the results. Field event flights will be seeded from shortest to longest or lowest to highest. **Flights for Throws, Triple Jump, and Long Jump will be seeded from shortest to farthest with each athlete receiving FOUR attempts, NO Finals.** Triple Jump Boards will be 24' and 32' for girls and 32' and 36' for boys.

**CHECK-IN:** Competitor Numbers: All athletes must show a competitor number to check-in for running or field events. Competitor numbers are provided in the team packet and remain the same for each athlete for all days of competition.  
Running Events: Athletes MUST check-in at least 30 minutes before the start time of their event at the Clerk of the Course to get a hip number or they will be scratched from the event.  
NO meet day adds! Please notify the clerk asap if you intend to scratch.  
Field Events: Check-in with the head judge at the event site, all athletes must be checked-in BEFORE the start of the first flight of the event.  
Relay Events: All Relay teams must fill out a Relay Card at check-in, listing all names in the correct order. Relay Cards will be provided in the coach's packet and in the clerk's tent (blue for boy's teams, pink for girl's teams).

**WARM-UP AREAS:** Warm-ups will be done on Ashley Booth Field (field turf field adjacent to stadium). 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.

**MEET INFO AND UPDATES** [www.officialmyrtlebeachsports.com/](http://www.officialmyrtlebeachsports.com/)

**TEAM TENTS:** Team tents will be allowed on the warm-up field (Ashely Booth) and in and behind the visiting stands. NO tent stakes are allowed on Ashley Booth. There are to be NO team tents allowed in the main grandstands. Athletes will also be allowed to camp underneath the main grandstand. If you would like to rent a tent for the meet contact: Event Works [mbinfo@eventworksrentals.com](mailto:mbinfo@eventworksrentals.com) and reference Spring Break Meets.

**RESULTS:** Live Results Link will be posted at [www.officialmyrtlebeachsports.com/beach-run-invitational.html](http://www.officialmyrtlebeachsports.com/beach-run-invitational.html)  
Final Results will also be posted at the following sites [www.milesplit.com](http://www.milesplit.com) <http://snaptiming.com/>

**RESTROOMS/SHOWERS:** Permanent restrooms are available in the stadium and in the Ned Donkle building by the warm-up area. Portable toilets and hand washing stations will be located at the throws areas. Showers are not available at Doug Shaw Memorial Stadium.

**WEIGH-INS:** Athletes are expected to provide their own implements. Implements will be inspected and weighed for NFHS compliance prior to competition. Implements must be brought to the equipment building no later than 1 hour prior to the start of the event 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:** 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 9pm on Wednesday March 30, 2022. We will not run any event ahead of the FINAL scheduled time, unless inclement weather or impending inclement weather becomes a problem and it is announced that we are moving to a rolling schedule.

**TEAM SCORING:** Team Scoring will be through 8 places 10-8-6-5-4-3-2-1. Only 'A' Teams may score in relays. 2000m Steeplechase is an Exhibition Event and will not score points however they will receive individual awards.

**AWARDS:** Individual events 1st– 3rd Place Medals, 4th– 8th Place Ribbons (will be distributed at stadium entrance after the official results have been posted for each event)

Trophies awarded for the following will be distributed at the conclusion of the meet:

2023 Boys & Girls Most Outstanding Athlete – Track Events

2023 Boys & Girls Most Outstanding Athlete – Field Events

2023 Boys & Girls Team Champions

Note: The Most Outstanding Athlete Awards will be selected by the Games Committee, using all of the following criteria: Individual events won, total points scored, meet/HS stadium records set, quality of performance based on Mile Split National Standards.

**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 at 8:00am on Friday April 5, 2024 through the end of competition and at 8:00am Saturday April 6th. 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:** Lunch for coaches 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.

**MEET INFO AND UPDATES** [www.officialmyrtlebeachsports.com/](http://www.officialmyrtlebeachsports.com/)

**ADMISSION:** Admission will be charged on Friday and Saturday. Adults are \$12/day or \$20/meet which includes the meet program. Students with school ID are \$5/day and children under 6 are free. A link for on-line purchase will be available at the meet home page.

**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.)

**COMPETITOR NUMBERS:** All participating athletes 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. If an athlete loses their bib number, they can get a replacement in the clerking tent.

**SPRING TRAINING/ACCESS TO THE FACILITY:** Doug Shaw Memorial Stadium will be available for Open Training the week prior to the meet from 8:00am-3:00pm Monday April 1st through Thursday April 4th and Friday April 5th from 8:00am-11:00am, and the week after the meet 8:00am-3:00pm Monday April 4th-Friday April 8th. Water, ice, shade tents, benches, hurdles, starting blocks, steeplechase barriers, bungees, cross bars, rakes, brooms, jumping pits, and throwing areas will be available. Steeplechase water pit will ONLY be filled and available for practice Friday April 5th from 8am-11am. Any athletes practicing the water jump must have coach/parent supervision. We DO NOT provide throwing implements or poles. If you are also looking for strength-training NXT LVL FIT is located just minutes from the beach and stadium, the facility has the equipment and professional staff to complete a great week of training. Contact Coach Santuan Stanley at [sestanle52@gmail.com](mailto:sestanle52@gmail.com) or 843-267-3561 to reserve training time for your team.

Check out the facility on-line at <https://nxtlvlfitmb.com> or on Facebook at <https://www.facebook.com/NXTLVLFITMB>

**POLE VAULT POLE/JAVELIN SHIPPING AND STORAGE:** 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: Don Coons [DonaldCoons@cityofmyrtlebeach.com](mailto:DonaldCoons@cityofmyrtlebeach.com) 843-918-2292

**SOCIAL MEDIA SITES:** Like, follow and share on our social media sites, pictures and updates will be posted throughout each competition day.

*Instagram:* <https://www.instagram.com/officialmyrtlebeachsports/>

*Facebook:* <https://www.facebook.com/officialmyrtlebeachsports/>

*Twitter:* [https://twitter.com/official\\_MBST](https://twitter.com/official_MBST)

**LIVE STREAMING:** The meet will be live streamed on Runner Space, <https://www.runnerspace.com/>

**QUESTIONS/MEET DIRECTOR CONTACT INFO:** Feel free to contact the 2024 Spring Break Meets Director Jeff Jacobs at 843-231-5677 cell, email [jjacobs@cityofmyrtlebeach.com](mailto:jjacobs@cityofmyrtlebeach.com)

**MEET INFO AND UPDATES** [www.officialmyrtlebeachsports.com/](http://www.officialmyrtlebeachsports.com/)





## Beach Run Invitational April 5-6, 2024



### TENTATIVE Event Schedule

*Doug Shaw Memorial Stadium, Myrtle Beach, South Carolina*

#### **Friday April 5, 2024**

##### ***Field Events***

- 3:30pm** Boys Long Jump (pit closest to infield)
- 3:30pm** Girls Long Jump (pit closest to track)
- 3:30pm** Boys Shot Put (Pit A)
- 3:30pm** Girls Shot Put (Pit B)

##### ***Track Events***

- 4:30pm** Girls 4x800m Relay Finals
- 4:45pm** Boys 4x800m Relay Finals
- 5:10pm** Girls 100m HH (33") Prelims
- 5:30pm** Boys 110m HH (39") Prelims
- 5:50pm** Girls 100m Prelims
- 6:05pm** Boys 100m Prelims
- 6:30pm** Girls 4x200m Relay Finals
- 6:45pm** Boys 4x200m Relay Finals
- 7:00pm** Girls 800m Section Finals
- 7:20pm** Boys 800m Section Finals
- 7:40pm** Girls 200m Prelims
- 8:00pm** Boys 200m Prelims
- 8:20pm** Girls 3200m Section Finals
- 8:50pm** Boys 3200m Section Finals

#### **Saturday April 6, 2024**

##### ***Field Events***

- 10:00am** Boys Javelin
- 10:00am** Girls High Jump
- 10:00am** Boys Triple Jump
- 10:00am** Girls Discus
- 10:30am** Girls Pole Vault
- 1:00pm** Girls Javelin
- 1:00pm** Boys High Jump
- 1:00pm** Girls Triple Jump
- 1:00pm** Boys Discus
- 1:30pm** Boys Pole Vault

##### ***Track Events***

- 11:00am** Girls 100mHH (33") Final
- 11:15am** Boys 110mHH (39") Final
- 11:25am** Girls 100m Final
- 11:30am** Boys 100m Final
- 11:45am** Girls 1600m Section Finals
- 12:05pm** Boys 1600m Section Finals
- 12:25pm** Girls 4x100m Section Finals
- 12:35pm** Boys 4x100m Section Finals
- 12:50pm** Girls 400m Section Finals
- 1:10pm** Boys 400m Section Finals
- 1:45pm** Girls 400mLH (30") Section Finals
- 2:00pm** Boys 400mIH (36") Section Finals
- 2:20pm** Girls 200m Final
- 2:25pm** Boys 200m Final
- 2:40pm** Girls 2000m SC (30")-Exhibition
- 2:55pm** Boys 2000m SC (36")-Exhibition
- 3:15pm** Girls 4x400m Relay Section Finals
- 3:30pm** Boys 4x400m Relay Section Final