



Alan Connie Shamrock Invitational
Hosted by the City of Myrtle Beach
Thursday-Saturday March 14-16, 2024
Doug Shaw Memorial Stadium - Myrtle Beach, SC



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.

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. This meet will include collegiate team scoring per NCAA rules.

TEAM SCORING: A men's and women's team collegiate champion will be determined based on team scoring. Only collegiate athletes competing for their institution will be counted in the team scoring, club and unattached athletes will not score points. Each collegiate gender team will be allowed to score up to 4 athletes per individual event and 1 relay team per relay event. Events will be scored through 8 places (10-8-6-5-4-3-2-1). Athletes who qualify for a running event final but do not participate, do not finish or are disqualified in the final will not count in the scoring. A surfboard themed award will be presented to the men's and women's team champions at the conclusion of competition or Saturday.

INTENT TO COMPETE: [Click here](#) to declare your institution/club intent to compete and put your institution/club on the invited team list to be able to access the entry system through Direct Athletics.

HOTEL PARTNERS: Brittain Resorts is the Official Resorts Partner of the 2024 Spring Break Meets, offering 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 through Brittain Resorts please go to the following link: <https://www.brittainresorts.com/spring-break-meets/>
To book your team's room block today please contact Jean Darrah jean.darrah@brittainresorts.com with your school name, total number in your group and your anticipated dates for stay.

ENTRY FEES/LIMITS: \$695.00 PER GENDER TEAM / \$1390.00 MENS AND WOMENS COMBINED TEAM

Teams are defined as 15 or more athletes/gender. Teams with less than 15 athletes/gender are \$50 per individual. Unattached athletes are \$50 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 gender team will be limited to entering a maximum of FIVE athletes in all individual running events, FOUR athletes in all individual field events, and THREE athletes in each combined-event.

Entries will be open on-line at <https://www.athletic.net/TrackAndField/meet/531013/register> by Thursday February 1, 2024. (You must be on the invited team/club list to enter on-line)

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com

FIELD SIZE LIMITS FOR FIELD EVENTS (New for 2024!): The top 64 entries/event by verified performance for horizontal jumps/throws, the top 50 entries for vertical jumps, and the top 32 entries for each combined event will be accepted into the meet. Coaches will be notified via email if they have athletes who do not make the field size limit in an event.

COMBINED-EVENTS: A heptathlon for women and decathlon for men will be contested. Day 1 will start and on Thursday at noon and Day 2 will start on Friday at 9am. Institutions will be allowed up to 3 entries per gender and the fields will be capped at 32 athletes per gender. There will be an entry fee of \$50/athlete and the same entry deadline as the rest of the events 10:00pm ET Sunday March 10th, 2024:

<https://www.athletic.net/TrackAndField/meet/531013/register>

PAYMENT OF ENTRY FEES: ALL entry fees MUST be prepaid by credit card on-line and are non-refundable, unless the event is canceled. 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. Credit card payments will be accepted at <https://www.athletic.net/TrackAndField/meet/531013/register> 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 cannot be modified once you have paid on-line. **Deadline is 10:00pm ET Sunday March 10th, 2024.**

SUBMITTING ENTRY MARKS ON ATHLETIC.NET: Please make sure you have updated your athlete's 2024 OUTDOOR eligibility ON TFRRS 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, 2022. 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 (i.e. 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 Outdoor Track & Field Rule 9 Article 45)

"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 www.officialmyrtlebeachsports.com/alan-connie-shamrock-invitational.html www.snaptiming.com and emailed to all participating teams by NOON Monday March 11th, 2024.

SCRATCHES: After review of performance list please send any scratches and/or corrections to jjacobs@cityofmyrtlebeach.com by 9pm Monday March 11th, 2024.

HEAT SHEETS/FINAL SCHEDULE OF EVENTS: Will be posted at www.snaptiming.com www.officialmyrtlebeachsports.com/alan-connie-shamrock-invitational.html and emailed to all participating teams by 5:00pm Tuesday, March 12, 2024. Hard copies will be available at packet pick-up.

TENTATIVE OPENING HEIGHTS and BAR PROGRESSIONS:

Vertical Jump events with more than 25 entries will be split into 2 flights with the following tentative opening heights:

Women's "B" HJ - 4' 8.25" (1.43m), Women's "A" HJ - 5' 0.25" (1.53m)

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, please note that if a vertical jump is separated into 2 flights that the progression for BOTH flights must remain the same.

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com

MINIMUM MARKS: Based on the '23-'24 NCAA Rule Book, there will be no minimum marks, all legal attempts in the field events will be measured and recorded.

SEEDING/FORMAT: Qualifying rounds will be run in the 100m and 100/110mHH on Friday per NCAA rules if the fields exceeds 64 athletes. All other running events will be timed section finals seeded fastest to slowest. 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 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. Both the 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.

ATHLETE CHECK-IN: All athletes in the running events must check in with the clerk (at the north end) no later than 30 minutes 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. 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. (Blue card for Men, Pink card for Women)

DECLARATION FOR 200M AND 4X400M RELAYS: Both the 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.

WARM-UP AREAS: Warm-ups will be done on Ashley Booth Field. There are to be no athletes warming-up on the infield or track (once the track is closed) 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 Field), in and 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 Event Works mbinfo@eventworksrentals.com and reference Spring Break Meets.

RESULTS: Live Results Link will be posted <https://www.officialmyrtlebeachsports.com/alan-connie-shamrock-invitational.html>, Final Results will be uploaded to www.tfrs.org and www.directathletics.com, and posted at <https://www.officialmyrtlebeachsports.com/alan-connie-shamrock-invitational.html> and www.snaptiming.com A video monitor will be available at the entry plaza to view live results.

RESTROOMS/SHOWERS: Permanent restrooms are available in the stadium and in the Ashley Booth 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/teams 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 tent next 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 on Friday to accommodate entries beyond the number of seeded sections listed by event on the schedule for Saturday.

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com

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 5pm on Tuesday March 12th, 2024. We will not run any event ahead of the FINAL scheduled time, unless inclement weather or impending inclement weather becomes a problem.

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. Custom team awards will be presented to the men's and women's team champions at the conclusion of the meet. 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 on the ocean side of the lot or return to their resort. 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 9am Thursday March 14, 8am Friday March 15 and 8am Saturday March 16. Packet pick-up is located just outside the participant entrance to the stadium.

ATHLETIC TRAINING: Certified athletic training on site for all training and 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.)

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 at lunch time on Friday and Saturday in the 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 Thursday, Friday and Saturday Adults are \$12/day, \$30 for 3 day pass or \$20 for 2 day pass, 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 running event clerk's tent or field event site to be checked into their event. Competitor numbers will be provided in the team packet at packet pick-up and remain the same for all days of competition. If a competitor number is lost, report to the running event clerking tent to receive a replacement number.

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com

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

LIVE STREAMING: Running events will be live streamed on **Runner Space** and will be available to access through a regular monthly subscription. A direct link to the live stream will be made available the week of the meet and sent via email to all participating media relations contacts.

QUESTIONS/MEET DIRECTOR CONTACT INFO: Feel free to contact the 2024 Spring Break Meets Director Jeff Jacobs at 843-918-2256 ofc, 843-231-5677 cell, or email jjacobs@cityofmyrtlebeach.com

PRACTICE HOURS/INFORMATION AND TENTATIVE SCHEDULE ON NEXT PAGES...

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com

PRACTICE/TRAINING DURING SPRING BREAK: See schedule below for ‘open’ practice hours at Doug Shaw Memorial Stadium (Myrtle Beach). 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 nxtlvlfitmb@gmail.com or 843-267-3561 to reserve training time for your team. Check out the facility on-line at nxtlvlfitmb.com or on Facebook at www.facebook.com/NXTLVLFITMB

Note: Saturday March 2 is the [Myrtle Beach Marathon/Half-Marathon/5k](#) (click for more info)

2024 Open Practice hours listed below are for Doug Shaw Memorial Stadium

(The throwing cage will have set times for hammer and discus to maximize training time for each event)

Day and Date	Times (venues)
Sunday March 3	Closed
Monday March 4	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 5	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 6	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 7	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Friday March 8	Myrtle Beach Collegiate Challenge 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 9	Myrtle Beach Collegiate Challenge Day 2 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Sunday March 10	Closed
Monday March 11	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 12	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 13	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 14	8am-11am (Track/Jumps/Javelin/SP/Throwing Cage) NOON Combined Events Begin; 5:00pm MBTFC Day
Friday March 15	Shamrock Invitational Day 2 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Saturday March 16	Shamrock Invitational Day 3 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Sunday March 17	Closed
Monday March 18	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 19	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 20	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 21	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)

-The following will be available at the stadium on all practice days: shade tents, benches, water, Gatorade, injury ice, bags, 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 9 from 8am-3pm and Thursday March 14 from 8am-3pm.

-Pole Vault poles and javelins may be stored at the stadium on practice and competition days. A storage pod in 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

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com



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TENTATIVE Events Time Schedule March 14-16, 2024



Thursday March 14th (Start Times for Combined-Events after the first event are approximate)

12:00pm Heptathlon 100mH, 12:35pm High Jump, 2:45pm Shot Put, 3:45pm 200m
12:20pm Decathlon 100m, 12:50pm Long Jump, 2:00pm Shot Put, 3:00pm High Jump, 4:45pm 400m
1:00pm Men's Hammer Throw (Top 9 advance to finals)
1:00pm Women's Javelin Throw (Top 9 advance to finals)
5:00pm Myrtle Beach Track and Field Club Day (free youth event)
7:00pm 10,000 Meters Women
7:45pm 10,000 Meters Men

Friday, March 15th (Start Times for Combined-Events after the first event are approximate)

FIELD EVENTS

9:00am Decathlon 110mHH, 9:45am Discus, 11am Pole Vault, 1:30pm Javelin, 2:45pm 1500m
9:30am Heptathlon Long Jump, 11am Javelin, 1pm 800m
11:00am Women's Long Jump (Outside Pit-Closest to Track, Top 9 advance to finals)
11:00am Men's Long Jump (Inside Pit, Closest to Field Turf, Top 9 advance to finals)
12:00pm Women's Hammer Throw (Top 9 advance to finals)
~2:30pm Women's "B" Pole Vault (Opening height 2.75m/9' 0.25")
~3:00pm Men's Javelin Throw (Top 9 advance to finals)
~5:00pm Men's "B" Flight Pole Vault (Opening height 3.66m/12' 0")

TRACK EVENTS (Timed Section Finals run fast to slow)

TBA Open Running Event Sections

-Mile Women

-Mile Men

-400 Meter Women

-400 Meter Men

-100 Meter Women (Qualifying Round if needed)

-100 Meter Men (Qualifying Round if needed)

-800 Meter Women

-800 Meter Men

3:00pm 100 Meter HH Women (Qualifying, top 8 advance to Saturday Final)

3:15pm 110 Meter HH Men (Qualifying, top 8 advance to Saturday Final)

3:45pm 100 Meter Women (Semi-Finals, heat winners + fastest times advance to Saturday Final)

4:00pm 100 Meter Men (Semi-Finals, heat winners + fastest times to Saturday Final)

4:15pm 4x800 Meter Relay Women (all sections)

4:30pm 4x800 Meter Relay Men (all sections)

4:45pm 4x200 Meter Relay Women (all sections, 4 lane stagger)

4:55pm 4x200 Meter Relay Men (all sections, 4 lane stagger)

5:10pm 5000 Meter Women (all sections)

6:00pm 5000 Meter Men (all sections)

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Saturday March 16th

FIELD EVENTS

- 10:00am Men's Discus Throw (Top 9 advance to finals)
- 10:00am Women's Shot Put (Top 9 advance to finals)
- 10:30am Women's "B" Flight High Jump (Opening height 1.43m/4'8.25")
- 10:30am Men's "B" Flight High Jump (Opening height 1.78m/5'10")
- 11:00am Women's "A" Flight Pole Vault (Opening height 3.35m/10' 11.75")
- 1:00pm Women's "A" Flight High Jump (Opening height 1.53m/5' 0.25")
- 1:00pm Men's "A" Flight High Jump (Opening height 1.88m/6' 2")
- 1:30pm Men's "A" Flight Pole Vault (Opening height 4.26m/13' 11.75")
- 1:30pm Women's Discus Throw (Top 9 advance to finals)
- 1:30pm Men's Shot Put (Top 9 advance to finals)
- 3:00pm Women's Triple Jump (Outside Pit-Closest to Track-Top 9 advance to finals)
- 3:00pm Men's Triple Jump (Inside Pit-Closest to Field Turf-Top 9 advance to finals)

TRACK EVENTS (Timed Section Finals run fast to slow)

- 10:00am 3000 Meter Women (all sections)
- 10:30am 3000 Meter Men (all sections)
- 11:00am 4x100 Meter Relay Women (all sections)
- 11:10am 4x100 Meter Relay Men (all sections)
- 11:20am Seeded Mile Women (top 3 sections)
- 11:45am Jamie McCarthy Invitational Mile Men (top 3 sections)
- 12:20pm 100 Meter HH Women Final (Top 8 from Friday Qualifying)
- 12:35pm 110 Meter HH Men (Top 8 from Friday Qualifying)
- 12:50pm Seeded 400 Meter Women (Top 6 sections)
- 1:10pm Seeded 400 Meter Men (Top 6 sections)
- 1:30pm 100 Meter Women Final (Top 8 from Friday Qualifying)
- 1:40pm 100 Meter Men Final (Top 8 from Friday Qualifying)
- 1:50pm Seeded 800 Meter Women (Top 4 sections, 1 turn stagger in lanes)
- 2:10pm Seeded 800 Meter Men (Top 4 sections, 1 turn stagger in lanes)
- 2:40pm 400 Meter LH Women (all sections)
- 2:55pm 400 Meter IH Men (all sections)
- 3:20pm 200 Meter Women (all sections, seed after check-in, must Declare by 2:20pm)
- 3:50pm 200 Meter Men (all sections, seed after check-in, must Declare by 2:50pm)
- 4:15pm 3000 Meter Steeplechase Women (all sections)
- 4:30pm 3000 Meter Steeplechase Men (all sections)
- 4:50pm 4x400 Meter Relay Women (all sections, seed after check-in, must Declare by 4:00pm)
- 5:00pm 4x400 Meter Relay Men (all sections, seed after check-in, must Declare in by 4:10pm)

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