



2021 Alan Connie Shamrock Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
Events Time Schedule March 19-20, 2021



FINAL VERSION

Day 1: Friday, March 19th

FIELD EVENTS

- 10:00am Men's Hammer Throw (2 flights-Top 9 advance to finals)
- 10:00am Women's Javelin Throw (2 flights-Top 9 advance to finals)
- 10:30am Women's Long Jump (2 flights-Top 9 advance to finals)
- 1:00pm Men's Long Jump (2 flights-Top 9 advance to finals)
- 1:30pm Men's Javelin Throw (2 flights-Top 9 advance to finals)
- 1:30pm Women's Hammer Throw (3 flights-Top 9 advance to finals)
- 4:00pm Women's Pole Vault (Opening height 2.75m/9' 0.25")

TRACK EVENTS (Timed Section Finals run fast to slow)

- 3:00pm 100 Meter HH Women (3 Qualifying Heats, winners + next 5 fastest advance to Sat Final)
- 3:20pm 110 Meter HH Men (3 Qualifying Heats, winners + next 5 fastest advance to Sat Final)
- 3:45pm 100 Meter Women (5 Qualifying Heats, winners + next 3 fastest advance to Sat. Final)
- 4:00pm 100 Meter Men (5 Qualifying Heats, winners + next 3 fastest advance to Sat. Final)
- 4:15pm 4x800 Meter Relay Women (one section)
- 4:30pm 4x800 Meter Relay Men (one section)
- 4:45pm 4x200 Meter Relay Women (one section, 4 lane stagger)
- 4:50pm 4x200 Meter Relay Men (one section, 4 lane stagger)
- 5:00pm 5000 Meter Women (one section)
- 5:30pm 5000 Meter Men (2 sections)
- 6:15pm 10000 Meter Women (one section)
- 7:00pm 10000 Meter Men (one section)



**2020 Alan Connie Shamrock Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
Events Time Schedule March 19-20, 2021**



FINAL

Day 2: Saturday, March 20th

FIELD EVENTS

- 10:00am Men's Discus Throw (3 flights-Top 9 advance to finals)
- 10:30am Women's Shot Put (3 flights-Top 9 advance to finals)
- 11:00am Women's High Jump (Opening height 1.43m/4'8.25")
- 12:00pm Men's Pole Vault (Opening height 3.66m/12' 0")
- 1:00pm Men's High Jump (Opening height 1.78m/5'10")
- 1:30pm Women's Discus Throw (2 flights-Top 9 advance to finals)
- 1:30pm Men's Shot Put (2 flights-Top 9 advance to finals)
- 3:00pm Women's Triple Jump (1 flight Top 9 advance to finals)
- 3:30pm Men's Triple Jump (2 flights-Top 9 advance to finals)

TRACK EVENTS (Timed Section Finals run fast to slow)

- 10:15am 3000 Meter Women (one section, double waterfall)
- 10:30am 3000 Meter Men (one section, double waterfall)
- 10:45am Alan Connie Recognition
- 11:00am 4x100 Meter Relay Women (one sections)
- 11:10am 4x100 Meter Relay Men (one sections)
- 11:20am Mile Women (3 sections)
- 11:45am "Jamie McCarthy Mile" Men (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 400 Meter Women (4 sections)
- 1:10pm 400 Meter Men (5 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 800 Meter Women (4 sections, 1 turn stagger in lanes)
- 2:10pm 800 Meter Men (4 sections, 1 turn stagger in lanes)
- 2:40pm 400 Meter LH Women (2 sections)
- 2:55pm 400 Meter IH Men (3 sections)
- 3:20pm 200 Meter Women (all sections, seed after check-in, must Declare by 2:20pm)
- 3:45pm 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)

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com