



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



REVISED AS OF 1/12/2021

Friday, March 19th

FIELD EVENTS

- 10:00am Men's Hammer Throw (Top 9 advance to finals)
- 10:00am Women's Javelin Throw (Top 9 advance to finals)
- 11:00am Women's Long Jump (Top 9 advance to finals)
- 1:00pm Women's Pole Vault (Opening height 2.75m/9' 0.25")
- 1:30pm Men's Long Jump (Top 9 advance to finals)
- 2:00pm Men's Javelin Throw (Top 9 advance to finals)
- 2:00pm Women's Hammer Throw (Top 9 advance to finals)

TRACK EVENTS (Timed Section Finals run fast to slow)

- 2:45pm 100 Meter HH Women (Qualifying, top 8 advance to Saturday Final)
- 3:00pm 110 Meter HH Men (Qualifying, top 8 advance to Saturday Final)
- 3:30pm 100 Meter Women (Qualifying, top 8 advance to Saturday Final)
- 3:45pm 100 Meter Men (Qualifying, top 8 advance to Saturday Final)
- 4:00pm 4x800 Meter Relay Women (all sections)
- 4:15pm 4x800 Meter Relay Men (all sections)
- 4:30pm 4x200 Meter Relay Women (all sections, 4 lane stagger)
- 4:45pm 4x200 Meter Relay Men (all sections, 4 lane stagger)
- 5:00pm 5000 Meter Women (all sections)
- 5:30pm 5000 Meter Men (all sections)
- 6:15pm 10000 Meter Women
- 7:00pm 10000 Meter Men



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FIELD EVENTS

- 10:00am Men's Discus Throw (Top 9 advance to finals)
- 10:30am Women's Shot Put (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 (Top 9 advance to finals)
- 1:30pm Men's Shot Put (Top 9 advance to finals)
- 3:00pm Women's Triple Jump (Top 9 advance to finals) followed by Men's Triple Jump (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 1500 Meter Women (all sections)
- 11:45am 1500 Meter Men (all 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 (all sections)
- 1:10pm 400 Meter Men (all 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 (all sections, 1 turn stagger in lanes)
- 2:10pm 800 Meter Men (all 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)

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com