



**Alan Connie Shamrock Invitational
Hosted by the City of Myrtle Beach
Thursday-Saturday March 17-19, 2022
Doug Shaw Memorial Stadium - Myrtle Beach, SC**



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

The facility underwent a \$5+ million renovation in 2017. The common start-finish has been moved to the main grandstand (east) side of the stadium. The 100m, and 100/110HH events are now contested on the new straight-away in front of the main grandstand. Stadium Capacity (6,500) New LED lights for night events and New Video scoreboard with results. NCAA & NFHS Certified 400M track, Beynon Sports Surfaces 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 (High Jump), North D-area (Steeplechase Water Jump, 4 Pole Vault runways), Long/Triple Jump (Inside the track oval, 2 runways with sand pits at each end (4 total pits) parallel to main straight), 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, 2 Shot Put circles with separate rock dust landing areas. FLATS OR 1/4" SPIKES ONLY ON TRACK SURFACE.

MAYOR'S RELAY CUP: The City of Myrtle Beach Mayor, the honorable Brenda Bethune, will present an award cup to the top male and female collegiate institutions based on a cumulative score of all the relay events held at the 2022 Alan Connie Shamrock Invitational. All four relay events (4x100m, 4x200m, 4x400m, 4x800m) will each be scored 1st-8th place (10-8-6-5-4-3-2-1) and the male and female teams with highest total points will each take home the "Shamrock Invitational Mayor's Relay Cup". Note: Collegiate institutions can enter more than one team in any relay event; however only one team will count in the scoring of each relay event, also club and unattached relay teams will NOT count in the scoring or be eligible for the award.

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.

INTENT TO COMPETE: [Click here](#) to declare your institution/club intent to compete and put your institution/club on the invited team list.

HOTEL PARTNERS: Brittain Resorts is the Official Resorts Partner of the 2022 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 discounted 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 contact Lori Posma lori.posma@brittainresorts.com or (843) 282-7336.

ENTRY FEES: \$595.00 PER GENDER TEAM / \$1190.00 MENS AND WOMENS COMBINED TEAM

Teams are defined as 15 or more athletes per gender. Teams with less than 15 athletes are \$40 per individual. Unattached athletes are \$40 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 team will be limited to entering a maximum of five athletes in all individual running and four athletes in each field event. Entries will be open on-line at <https://www.directathletics.com/meets/track/70624.html> by February 1, 2022. (You must be on the invited team/club list to enter on-line)

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com

PAYMENT OF ENTRY FEES: ALL entry fees MUST be prepaid and are non-refundable. 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. Entry fees can be paid either by check or credit card on-line.

Make checks payable to “The City of Myrtle Beach” 2101 N. Oak Street, Myrtle Beach, SC 29577 Attn: Jeff Jacobs. Checks must be received by Tuesday March 15, 5:00pm. Credit card payments will be accepted at www.directathletics.com 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.

Entry Deadline is 11:59pm Monday March 14, 2022.

SUBMITTING ENTRY MARKS ON DIRECT ATHLETICS: Please make sure you have updated your athlete’s 2022 OUTDOOR eligibility 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, 2020. 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 (ie 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 Rule 4-1.11)

“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 11am Tuesday March 15, 2022.

SCRATCHES: After review of performance list please send any scratches and/or corrections to jjacobs@cityofmyrtlebeach.com by 5pm Tuesday March 15, 2022.

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 12pm Wednesday, March 16, 2022. Hard copies will be available at packet pick-up.

MINIMUM MARKS: Based on the new 21-22 NCAA Rule Book, there will be no minimum marks, all legal attempts in the field events will be measured and recorded.

TENTATIVE OPENING HEIGHTS and BAR PROGRESSIONS:

Women’s “B” HJ - 4’ 9” (1.45m), Women’s “A” HJ - 5’ 1” (1.55m)

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

SEEDING/FORMAT: Qualifying rounds will be run in the 100m and 100/110mHH for all competitors on Friday per NCAA rules. All other running events will be timed section finals and 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

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com

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.**

CHECK-IN: All athletes in the running events must check in with the clerk (at the north end) no later than (1) hour 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. **Both the Seeded 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.** 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.

WARM-UP AREAS: Warm-ups will be done on Ashley Booth Field (field turf area by the clerking tent). 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.

TEAM TENTS: Team tents will be allowed on the warm-up field (Ashely Booth), 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 Flo Middleton fmiddleton@cityofmyrtlebeach.com 843-918-2391

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

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 NCAA compliance prior to competition. Implements must be brought 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 tentatively starting at 10:30am on Friday to accommodate entries beyond the number of seeded sections listed by event on the schedule for Saturday. 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 12pm on Wednesday March 16, 2022. We will not run any event ahead of the FINAL scheduled time, unless inclement weather or impending inclement weather becomes a problem.

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.

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com

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 within 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.)

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 SEEDS 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. 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 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 from 3-7pm on Thursday March 17 and at 8:00am Friday March 18 through the end of competition. 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: Meals, snacks and drinks for coaches (meals one coach per gender team) 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.

ADMISSION: Admission will be charged on Friday and Saturday, there will be no charge for Thursday. Adults are \$12/day or \$20/meet, which includes the meet program, students with school ID are \$5, and children under 6 are free. **Friends and Family Offer:** Book a minimum 2 night stay with a Britain Resorts property and receive 2 Complimentary All-event passes (a \$40 value). See meet home page for details.

COMPETITOR NUMBERS: All participating athletes (college, club and unattached) 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.

QUESTIONS/MEET DIRECTOR CONTACT INFO: Feel free to contact the 2022 Spring Break Meets Director Jeff Jacobs at 843-918-2256 ofc, 843-231-5677 cell, or email jjacobs@cityofmyrtlebeach.com

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 sestanle52@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 5 is the [Myrtle Beach Marathon/Half-Marathon/5k](#) (click for more info)

2022 Open Practice hours listed below are for Doug Shaw Memorial Stadium

Day and Date	Times (venues)
Sunday March 6	Closed
Monday March 7	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 8	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 9	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 10	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Friday March 11	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 12	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 13	Closed
Monday March 14	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 15	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Wednesday March 16	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Thursday March 17	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage) 5pm MBTFC Youth Day
Friday March 18	Shamrock Invitational Day 1 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Saturday March 19	Shamrock Invitational Day 2 (practice will be allowed on the track from 8am until 30min prior to the first running event)
Sunday March 20	Closed
Monday March 21	8am-3pm (Track/Jumps/Javelin/SP/Throwing Cage)
Tuesday March 22	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, ice, 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 10 and Thursday March 17.

-Pole Vault poles and javelins may be stored at the stadium on practice and competition days. A secure storage area 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: Flo Middleton

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com



2022 Alan Connie Shamrock Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
TENTATIVE Events Time Schedule March 17-19, 2022



Thursday March 17th

3-7pm Packet Pick-up/Implement Weigh-in
5:00pm Myrtle Beach Track and Field Day
7:00pm 10,000 Meters Women
7:45pm 10,000 Meters Men

Friday, March 18th

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 (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)
1:00pm Women's Pole Vault (Opening height 2.75m/9' 0.25")
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)

10:30am Open Running Event Sections
-1500 Meter Women
-1500 Meter 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)

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com



2022 Alan Connie Shamrock Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina
TENTATIVE Events Time Schedule March 17-19, 2022



Saturday March 19th

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 Seeded 1500 Meter Women (top 3 sections)
- 11:45am Seeded 1500 Meter 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)

MEET INFO AND UPDATES: www.officialmyrtlebeachsports.com