



**2025 Alan Connie Shamrock Invitational**  
**Doug Shaw Memorial Stadium Myrtle Beach, South Carolina**  
**FINAL Events Time Schedule March 20-22, 2025**



**Thursday March 20<sup>th</sup> (Start Times for Combined-Events after the first event are approximate)**

- 1:00pm Heptathlon 100mH (1:40pm High Jump, 3:50pm Shot Put, 4:50pm 200m)
- 1:00pm Men's Hammer Throw (4 Flights, Top 9 advance to finals)
- 1:00pm Women's Javelin Throw (3 Flights, Top 9 advance to finals)
- 1:20pm Decathlon 100m (1:50pm Long Jump, 3:00pm Shot Put, 4:10pm High Jump, 5:45pm 400m)
- 7:00pm 10,000 Meters Women
- 7:45pm 10,000 Meters Men

**Friday, March 21<sup>th</sup> (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, 10:45am Javelin, 12pm 800m
- 10:30am Women's Long Jump (4 Flights, Outside Pit-Closest to Track, Top 9 advance to finals)
- 10:30am Men's Long Jump (4 Flights, Inside Pit, Closest to Field Turf, Top 9 advance to finals)
- 12:00pm Women's Hammer Throw (Top 9 advance to finals)
- ~3:00pm Women's "B" Pole Vault (Opening height 2.70m/8' 10")
- ~3:00pm Men's Javelin Throw (3 Flights, Top 9 advance to finals)

**TRACK EVENTS (Timed Section Finals run fast to slow)**

- 12:00pm Open Mile Women (1 section)
- 12:10pm Open Mile Men (2 sections)
- 12:30pm Open 400 Meter Women (3 sections)
- 12:35pm Open 400 Meter Men (9 sections)
- 1:10pm 100 Meter Women Prelims (12 heats, 8 fastest times advance to Saturday Final)
- 1:35pm 100 Meter Men Prelims (16 heats, 8 fastest times advance to Saturday Final)
- 2:10pm Open 800 Meter Women (4 sections, waterfall start)
- 2:25pm Open 800 Meter Men (4 sections, waterfall start)
- 3:00pm 100 Meter HH Women Prelims (6 heats, 8 fastest times advance to Saturday Final)
- 3:15pm 110 Meter HH Men Prelims (4 heats, 8 fastest times advance to Saturday Final)
- 3:35pm 4x800 Meter Relay Women (1 section, waterfall start)
- 3:50pm 4x800 Meter Relay Men (1 section, waterfall start, all sections)
- 4:10pm 4x200 Meter Relay Women (2 sections, 4 lane stagger)
- 4:25pm 4x200 Meter Relay Men (3 sections, 4 lane stagger)
- 4:40pm 5000 Meter Women (1 section)
- 5:10pm 5000 Meter Men (2 sections)



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**Saturday March 22nd**

**FIELD EVENTS**

- 9:00am Men's Discus Throw (4 Flights, Top 9 advance to finals)
- 9:00am Women's Shot Put (4 Flights, Top 9 advance to finals)
- 10:30am Women's "B" Flight High Jump (Opening height 1.40m)
- 10:30am Men's "B" Flight High Jump (Opening height 1.70m)
- 11:00am Women's "A" Flight Pole Vault (Opening height 3.15m)
- 12:45pm Women's "A" Flight High Jump (Opening height 1.50m)
- 12:45pm Men's "A" Flight High Jump (Opening height 1.80m)
- 1:30pm Men's Pole Vault (Opening height 3.65m)
- 1:30pm Women's Discus Throw (4 Flights, Top 9 advance to finals)
- 1:30pm Men's Shot Put (4 Flights, Top 9 advance to finals)
- 3:00pm Women's Triple Jump (2 Flights, Outside Pit-Closest to Track-Top 9 advance to finals)
- 3:00pm Men's Triple Jump (4 Flights, 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 (2 sections)
- 10:30am 3000 Meter Men (2 sections)
- 11:00am 4x100 Meter Relay Women (4 sections)
- 11:10am 4x100 Meter Relay Men (4 sections)
- 11:20am Alan Connie Recognition and Welcome
- 11:30am Collegiate Mile Women (3 sections)
- 11:50am Jamie McCarthy Invitational Mile Men (3 sections)
- 12:25pm 100 Meter HH Women Final (Top 8 from Friday Qualifying)
- 12:30pm CCU Faculty Recognition
- 12:35pm 110 Meter HH Men (Top 8 from Friday Qualifying)
- 12:50pm Collegiate 400 Meter Women (6 sections)
- 1:10pm Collegiate 400 Meter Men (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 Collegiate 800 Meter Women (4 sections, 1 turn stagger in lanes)
- 2:10pm Collegiate 800 Meter Men (4 sections, 1 turn stagger in lanes)
- 2:40pm 400 Meter LH Women (7 sections)
- 2:55pm 400 Meter IH Men (4 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 (1 section)
- 4:30pm 3000 Meter Steeplechase Men (1 section)
- 4:50pm 4x400 Meter Relay Women (all sections, seed after check-in, must Declare by 4:05pm)
- 5:00pm 4x400 Meter Relay Men (all sections, seed after check-in, must Declare in by 4:15pm)

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