



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



Thursday March 20th (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 (Top 9 advance to finals)
1:00pm Women's Javelin Throw (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 21th (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")

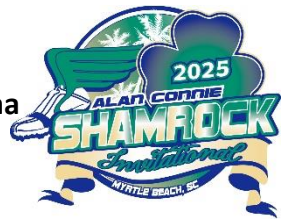
TRACK EVENTS (Timed Section Finals run fast to slow)

11:15am Open Mile Women
11:30am Open Mile Men
12:00pm 100 Meter HH Women Prelims (8 fastest times advance to semi-final)
12:15pm 110 Meter HH Men Prelims (8 fastest times advance to semi-final)
12:30pm Open 400 Meter Women
12:45pm Open 400 Meter Men
1:15pm 100 Meter Women Prelims (8 fastest times advance to semi-final)
1:35pm 100 Meter Men Prelims (8 fastest times advance to semi-final)
2:05pm Open 800 Meter Women
2:20pm Open 800 Meter Men
2:45pm Alan Connie Recognition and Welcome
3:00pm 100 Meter HH Women (Semi-Finals, heat winners + fastest times advance to Saturday Final)
3:15pm 110 Meter HH Men (Semi-Finals, heat winners + fastest times 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



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Saturday March 22nd

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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