



Beach Run Invitational April 3-5, 2025

TENTATIVE Event Schedule

Doug Shaw Memorial Stadium, Myrtle Beach, South Carolina

Thursday April 3, 2025-Myrtle Beach Relays

8am-1pm Stadium open for training

1-2:30pm Stadium closed for meet preparation

2:30pm Stadium re-opens for meet

Field Event Relays (3 attempts, no finals)

4:00pm FR/SO Boys Shot Put Relay- (Pit A)

4:00pm FR/SO Girls Shot Put Relay- (Pit B)

4:30pm FR/SO Boys Long Jump Relay (pit closest to infield)

4:30pm FR/SO Girls Long Jump Relay (pit closest to track)

4:30pm JR/SR Boys High Jump Relay (Pit A)

4:30pm JR/SR Girls High jump Relay (Pit B)

5:30pm JR/SR Boys Shot Put Relay- (Pit A)

5:30pm JR/SR Girls Shot Put Relay- (Pit B)

6:30pm JR/SO Boys Long Jump Relay (pit closest to infield)

6:30pm JR/SO Girls Long Jump Relay (pit closest to track)

6:30pm FR/SO Boys High Jump Relay (Pit A)

6:30pm FR/SO Girls High Jump Relay (Pit B)

Track Event Relays

4:30pm FR/SO Girls 4x800m Relay

4:45pm FR/SO Boys 4x800m Relay

5:00pm JR/SR Girls 4x800 Relay

5:15pm JR/SR Boys 4x800 Relay

6:00pm FR/SO Girls 4x100m Relay

6:10pm FR/SO Boys 4x100m Relay

6:20pm JR/SR Girls 4x100m Relay

6:30pm JR/SR Boys 4x100m Relay

6:45pm FR/SO Girls Distance Medley Relay (1200-400-800-1600)

7:05pm FR/SO Boys Distance Medley Relay

7:25pm JR/SR Girls Distance Medley Relay

7:45pm JR/SR Boys Distance Medley Relay

8:10pm FR/SO Mixed 4x400m Relay (B, G, B, G)

8:30pm JR/SR Mixed 4x400m Relay

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Doug Shaw Memorial Stadium, Myrtle Beach, South Carolina

Friday April 4, 2025

8am-1pm Stadium open for training

1-2:30pm Stadium closed for meet prep

2:30pm Stadium re-opens for meet

Beach Run Field Events:

4:00pm Boys Long Jump (pit closest to infield)

4:00pm Girls Long Jump (pit closest to track)

4:00pm Boys Shot Put- (Pit A)

4:00pm Girls Shot Put- (Pit B)

4:00pm Girls "B" Pole Vault- 2.15m (7' 0")

6:30pm Boys "B" Pole Vault- 2.75m (9' 0")

Beach Run Track Events

4:15pm Girls 4x800m Relay Finals

4:45pm Boys 4x800m Relay Finals

5:10pm Girls 100m HH (33") Prelims

5:30pm Boys 110m HH (39") Prelims

5:50pm Girls 100m Prelims

6:10pm Boys 100m Prelims

6:35pm Girls 4x200m Relay Finals-4 turn

6:45pm Boys 4x200m Relay Finals-4 turn

7:00pm Girls 800m Section Finals-waterfall

7:25pm Boys 800m Section Finals-waterfall

7:45pm Girls 200m Prelims

8:05pm Boys 200m Prelims

8:35pm Girls 3200m Section Finals

9:00pm Boys 3200m Section Finals

Saturday April 5, 2025

8:30am Stadium open

8:30-10:30am Track open for training

Beach Run Field Events:

10:00am Boys Javelin

10:00am Boys Triple Jump

10:00am Girls Discus

10:30am Girls "A" Pole Vault-Open 9'

10:30am Girls High Jump-1 flight

1:00pm Girls Javelin-3 flights

1:30pm Boys Discus-4 flights

1:30pm Boys High Jump

1:30pm Girls Triple Jump

1:30pm Boys "A" Pole Vault-Open 11'

Beach Run Track Events:

11:00am Girls 100mHH (33") Final

11:15am Boys 110mHH (39") Final

11:25am Girls 100m Final

11:30am Boys 100m Final

11:40am Girls 1600m Section Finals

12:05pm Boys 1600m Section Finals

12:35pm Girls 4x100m Section Finals

12:50pm Boys 4x100m Section Finals

1:05pm Girls 400m Section Finals

1:30pm Boys 400m Section Finals

2:00pm Girls 400mLH (30") Section Finals

2:20pm Boys 400mIH (36") Section Finals

2:45pm Girls 200m Final

2:50pm Boys 200m Final

3:00pm Girls 2000m SC (30")-Exhibition)

3:25pm Boys 2000m SC (36")-Exhibition)

3:50pm Girls 4x400m R Section Finals

4:15pm Boys 4x400m R Section Finals