



Myrtle Beach Freshman/Sophomore Relays

Hosted by the City of Myrtle Beach

Wednesday March 27, 2024

Doug Shaw Memorial Stadium-Myrtle Beach, South Carolina



ELIGIBILITY/RULES: Open to athletes in 6th-10th grade that are associated with a High School program. NO unattached/club entries are allowed. There will be two competition divisions: FRESHMAN (athletes in 6th-9th grade may be entered); SOPHOMORE (athletes in 6th-10th grade may be entered) Current NFHS rules will govern all meet competition.

INTENT TO COMPETE: Your High School Team must be on the Invited list to enter online. To be added to the Invited list a coach must complete and submit the Intent to Compete form on the Myrtle Beach Freshman/Sophomore Relays page at: <https://www.officialmyrtlebeachsports.com/intenttocompete-mbfrsorelays.html>

ENTRY FEES/LIMITS: Max of \$150.00 PER GENDER TEAM / \$300.00 BOYS AND GIRLS COMBINED TEAM Teams are defined as 10 or more athletes per gender. Teams with less than 10 athletes are \$15.00 per individual. Teams may enter up to two teams in each track relay event, and up to six athletes in each field relay event. Athletes are limited to enter in four relays. Entries will be open on-line at <https://sc.milesplit.com/meets/579159-myrtle-beach-freshman-sophomore-relays-2024/info> on Jan 15, 2024. (You must be on the invited team list to receive a password to access entries) On-line Entry Deadline is 10:00pm ET Monday March 25, 2024.

HOTEL PARTNERS: Brittain Resorts is the Official Resorts Partner of the 2024 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 preferred 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 email Jean Darrah jean.darrah@brittainresorts.com Please include team name, resort(s) of interest, and dates to include pre & post training dates.

THINGS TO DO/VISIT MYRTLE BEACH: What a better location to support your team with all the activities the Myrtle Beach area offers. 60 miles of sun, surf and sand are not the only things the Myrtle Beach area has to offer. Whether you are ready to relax by the beach or take a ride on a jet ski, the Myrtle Beach Area offers it all. Check out all the in between games/competitions. There are so many fun activities to choose from, it'll be hard to do it all. Go to the visitmyrtlebeach.com/things-to-do to find out more about fun-filled entertainment options, 100's of restaurants, shopping and so much more! Come play, stay and dine in the Myrtle Beach area and see what all awaits you in between competitions.

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

Stadium Capacity (6,500), LED lights for night events and Daktronics Video scoreboard with integrated results. NCAA Certified 400M track, Beynon Sports 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 (2 High Jump Pits), North D-area (Steeplechase Water Jump, 4 Pole Vault runways, 2 Pole Vault Pits), Long/Triple Jump (Inside the track oval, 2 runways with sand pits at each end (4 total pits parallel to main straight), Triple Jump Boards at 36' and 41' on inside runway, 24', 32', 36', 41' on outside runway, 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, includes new 10'x 65' cement pad for training, 2 Shot Put circles with separate rock dust landing areas. FLATS OR 1/4" SPIKES ONLY ON TRACK SURFACE.

PAYMENT OF ENTRY FEES: Will accept cash, CC or check at packet pick-up. Make checks payable to "The City of Myrtle Beach" Payment must be received prior to receiving packet.

HEAT SHEETS/FINAL SCHEDULE OF EVENTS: Will be posted at <https://www.officialmyrtlebeachsports.com/mbfrsorelays.html> and emailed to all head coaches by **5pm Tuesday March 24th, 2024**. Hard copies will be available at packet pick-up.

OPENING HEIGHTS and BAR PROGRESSIONS for High Jump:

Girls High Jump: 1.22m (4' 0"), 5cm (2") progression; Boys High Jump: 1.63m (5' 0"), 5cm (2") progression. These standards are subject to change based on the final entries.

CHECK-IN: Competitor Numbers: All athletes must show a competitor number to check-in for running or field events. Competitor numbers are provided in the team packet.

Running Events: Athletes **MUST** check-in at least 30 minutes before the start time of their event at the Clerk of the Course to get a hip number or they will be scratched from the event.

NO meet day adds! Please notify the clerk asap if you intend to scratch.

Field Events: Check-in with the head judge at the event site, all athletes must be checked-in **BEFORE** the start of the first flight of the event.

Track Relay Events: All Relay teams must fill out a Relay Card at check-in, listing all names in the correct order. Relay Cards will be provided in the coach's packet and in the clerk's tent (blue for boy's teams, pink for girl's teams).

TEAM TENTS: Team tents will be allowed in and behind the visiting stands. There are to be **NO** team tents allowed in the main grandstands. Athletes will also be allowed to camp underneath the main grandstand.

RESULTS: Final Results will be posted at the following sites

<https://www.officialmyrtlebeachsports.com/mbfrsorelays.html> and

<https://sc.milesplit.com/meets/579159-myrtle-beach-freshman-sophomore-relays-2024/info>

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.

SCHEDULE: 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 5pm on Tuesday March 26, 2024. We will not run any event ahead of the **FINAL** scheduled time, unless inclement weather or impending inclement weather becomes a problem and it is announced that we are moving to a rolling schedule.

TEAM SCORING: Team Scoring will be through 8 places 10-8-6-5-4-3-2-1. Only one relay team/school may score in an event.

AWARDS: *Track Relay Events:* Medals for top 3 teams in each event. *Field Relay Events:* Medals for top 3 teams in each event (total distance/height achieved by each school's top 3 athletes) Medals will be distributed at stadium entrance after the official results have been posted for each event. Trophies awarded for the following will be distributed at the conclusion of the meet:

2024 Boys & Girls Team Champions (scoring from Freshman and Sophomore Divisions will be combined)

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 at 3:30pm on Wednesday March 27, 2024, 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.

ADMISSION: Adults are \$12 Students with school ID and children under 6 are free. A link for on-line purchase will be available at the meet home page.

ATHLETIC TRAINING: A certified athletic trainer will be on site. Contact info TBA.

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 with-in 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.)

COMPETITOR NUMBERS: All participating athletes MUST wear a competitor number while competing. Competitor numbers will be provided in the team packet at packet pick-up.

SOCIAL MEDIA SITES: Like, follow and share on our social media sites, pictures and updates will be posted throughout each competition day.

Instagram: <https://www.instagram.com/officialmyrtlebeachsports/>

Facebook: <https://www.facebook.com/officialmyrtlebeachsports/>

Twitter: https://twitter.com/official_MBST

QUESTIONS/MEET DIRECTOR CONTACT INFO: Feel free to contact the 2024 Spring Break Meets Director Jeff Jacobs at 843-231-5677 cell, email jjacobs@cityofmyrtlebeach.com



Myrtle Beach Freshman/Sophomore Relays
Wednesday March 27, 2024
TENTATIVE Events Schedule



Doug Shaw Memorial Stadium, Myrtle Beach, South Carolina

Field Relay Events (LJ/SP 3 attempts/athlete, no finals):

5:00pm SO Girls Shot Put, SO Boys Shot Put

5:45pm FR Girls Long Jump (pit closest to track), FR Boys Long Jump (pit closest to field turf)

6:30pm FR Girls Shot Put, FR Boys Shot Put

7:30pm SO Girls Long Jump, SO Boys Long Jump

8:15pm FR/SO Girls High Jump (opening height TBD), FR/SO Boys High Jump (opening height TBD)

Track Relay Events:

5:00pm FR CO-ED 4x200mR (4 turn stagger, exchange zones: black, black, yellow)

5:10pm SO CO-ED 4x200mR

5:25pm FR Girls 4x800mR (waterfall start, exchange zones: blue)

5:45pm SO Girls 4x800mR

6:05pm FR Boys 4x800mR

6:25pm SO Boys 4x800mR

6:45pm FR Girls 4x100mR (exchange zones: yellow)

6:55pm SO Girls 4x100mR

7:05pm FR Boys 4x100mR

7:15pm SO Boys 4x100mR

7:30pm FR Girls DMR (waterfall start, exchanges zones: blue; 1200-400-800-1600)

7:50pm SO Girls DMR

8:10pm FR Boys DMR

8:20pm SO Boys DMR

8:40pm FR Girls 4x400mR (3 turn stagger, exchange zones: blue)

8:45pm SO Girls 4x400mR

8:50pm FR Boys 4x400mR

8:55pm SO Boys 4x400mR