

# Coach O Carolina Club Challenge

*Register Now @ Coach O Registration*

Saturday, June 1, 2013

Myrtle Beach SC



Hosted By: *The Myrtle Beach  
Track and Field Club*

Sponsored by:  
*Coach O Registration*





# Team Competition Information



## List of Events

1500m	Long Jump
4x100m	High Jump
800m	Shot Put
100m	Javelin
Sprint Relay	Discus
(200-200-400-800)	Pole Vault
200m	Hammer
400m	
Para-Olympic/Disabled Athlete Race	
4x400m (Mixed Divisions, Boys & Girls separate) :	
<i>Group 1: (1<sup>st</sup> Leg – 8's, 2<sup>nd</sup> – 10's, 3<sup>rd</sup>- 12's, 4<sup>th</sup> –14's)</i>	
<i>Group 2: (1<sup>st</sup> &amp; 2<sup>nd</sup> legs 16's, 3<sup>rd</sup>/4<sup>th</sup> legs – 18's).</i>	

## Entry Fees

By April 15: \$8/athlete, \$10/relay team. April 15 – May 29: \$10/athlete, \$12/relay team  
 Day of Meet: \$15/athlete. Walk-ups: \$15/athlete, \$20/relay team.

## Scoring

The Coach O Carolina Club Challenge is about rewarding the performance of your entire team.

- The first 8 places in each race will score on a 10-8-6-5-4-3-2-1 basis.
- The team with the greatest total score (boys & girls, all age groups combined) will be declared the winner.
- The winning team's name will be inscribed on the permanent Coach O Carolina Club Challenge Cup.
- The winning team will receive the 2013 Coach O Carolina Club Challenge trophy & has bragging rights for the rest of the year!



## Age Divisions (Boys & Girls)

8 yr & Below	13-14 yr old
9-10 yr old	15-16 yr old
11-12yr old	17-18 yr old

Fee: \$10 per athlete, \$ 12 per relay team\*

- Athletes 10 & younger may compete in 3 events
- Athletes 12 and older may compete in 4 events

Past Meet Results: <http://mbtrackandfield.com/Calendar/PastMeetResults/tabid/110/Default.aspx>



<http://www.timinginc.com/>



# Host Hotel Information



## SANDS RESORTS

- Ocean Dunes/Sand Dunes Resort & Conference Center offers a variety of over 820 ocean view & oceanfront rooms, efficiencies, 1 bedroom suites, 2 bedroom villas & 3 bedroom executive suites with private balconies.
- Sleeping room amenities include in-room refrigerators, irons, ironing boards, hair dryers, data port connections & telephones with voice mail in all sleeping rooms.
- Efficiencies, villas & suites offer microwaves, blenders, coffeemakers, toasters, etc.
- The Resort offers an abundance of restaurants to please every athlete, coach, & parent. The Brass Anchor Restaurant & Lounge features an oceanfront dining terrace and daily breakfast. Mango's Grille & Lounge offers fun food with a flair. You can also visit the on-site Arcade Pizza & Wingz, or you can relax at 2 different pool bars & grills.
- Resort amenities include a convenience store, game arcade, a children's playground, 5 outdoor pools, 2 indoor pools, 7 whirlpools, & a lazy river. The new waterpark is great fun for all!
- Sands Health Club has a fully equipped exercise room, indoor pool, whirlpools, steam room, sauna, & massage therapy. Finally, all of our guests enjoy golf play privileges at over 100 area courses!
- **Call 1-800-599-9872 for reservations (ask for the Carolina Club Challenge).**

<http://www.sandsresorts.com/resorts/oceandunes/>

### Event Room Rates (daily rates exclusive of taxes & resort fees)

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| <ul style="list-style-type: none"><li>• <b>Ocean Dunes Resort &amp; Villas</b><ul style="list-style-type: none"><li>• Oceanfront/view double - \$79</li><li>• 1 bedroom tower suite - \$85</li></ul></li><li>• <b>Ocean Forest Plaza</b><ul style="list-style-type: none"><li>• 1 bedroom suite - \$85</li></ul></li></ul> | <ul style="list-style-type: none"><li>• <b>Sand Dunes Resort &amp; Spa</b><ul style="list-style-type: none"><li>• Oceanfront/view double - \$79</li><li>• 1 bedroom suite - \$99</li><li>• 2 bedroom suite - \$159</li><li>• 3 bedroom suite - \$179</li></ul></li></ul> |
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# Doug Shaw Memorial Stadium



## Myrtle Beach, SC

Location: 705 33<sup>rd</sup> Ave North & Oak Street  
Myrtle Beach, SC, (1/2 mile from Atlantic Ocean)

### Stadium Description

**Host facility for 2011 USATF Youth Outdoor Track and Field Championships, & Shamrock Invitational Track Meet.**

- Seating capacity - 5,000.
- Concessions/restroom areas.
- Lights for night events.
- “Jumbotron” scoreboard – live action & results.
- NCAA/NFHS Certified 400 meter track. Beynon Sports Surfaces full pour polyurethane synthetic surface w/ embedded texture.
- Eight 42” lanes, sprint & short hurdles marked in both directions on main straightaway.
- North D-area (Steeplechase Water Jump, 2 Pole Vault runways).
- Long/Triple Jump - inside track oval, 2 runways w/ sand pits at each end (4 total pits). Parallel to main straight.
- Javelin runway – 4 x 36.5m (same surface as track), solely dedicated landing area.
- NCAA Hammer/Discus cage - w/ 1 circle.
- 2 Shot Put circles w/ rock dust landing areas.



# Directions to Doug Shaw Memorial Stadium



## **FROM THE NORTH (North Myrtle Beach/Wilmington):**

- Follow **Highway 17** South through North Myrtle Beach.
- Continuing south you will pass through an area called "Restaurant Row".
- Approximately 1 mile south of Restaurant Row the highway will fork right and left.
- Stay to the **RIGHT** & follow Highway 17 By-Pass south to **38th Avenue North**. There will be a McDonalds & CVS at this intersection.
- Turn **LEFT** onto 38th Avenue North and follow it to the **2nd Stop Light** (Oak Street).
- Turn **RIGHT** on to Oak Street and follow it to **33rd Avenue North**.
- Turn **RIGHT** on to 33rd Avenue North and follow it to the stadium entrance.

## **FROM THE WEST (Conway/Florence):**

- Follow **Highway 501** through Conway
- Continuing on Highway 501, you will come to the **Carolina Bays Parkway Interchange/North Myrtle Beach Exit (SC Highway 31)**.
- Exit on to **northbound Highway 31** and follow it to the **Grissom Parkway Exit**
- Exit **RIGHT** on to Grissom Parkway and follow the Parkway to **38th Avenue North**.
- Turn **LEFT** onto 38th Avenue North and follow it to the **1st Stop Light** (Oak Street).
- Turn **RIGHT** on to Oak Street and follow it to **33rd Avenue North**.
- Turn **RIGHT** on to 33rd Avenue North and follow it to the stadium entrance

## **FROM THE SOUTH (Georgetown/Charleston):**

- Follow **Highway 17** North, making sure to stay to the left at Murrell's Inlet and Garden City Beach.
- Continue to follow Highway 17 North to **29th Avenue North** (Broadway at the Beach and Hard Rock Café will be on your RIGHT).
- Turn **RIGHT** on to 29th Avenue North and follow it to **Oak Street**.
- Turn **LEFT** on to Oak Street and follow it to **33rd Avenue North**.
- Turn **LEFT** on to 33rd Avenue North and follow it to the stadium entrance

## **FROM THE EAST (the Atlantic Ocean and beyond)**

- Land your boat on any available open beach area and make your way inland.





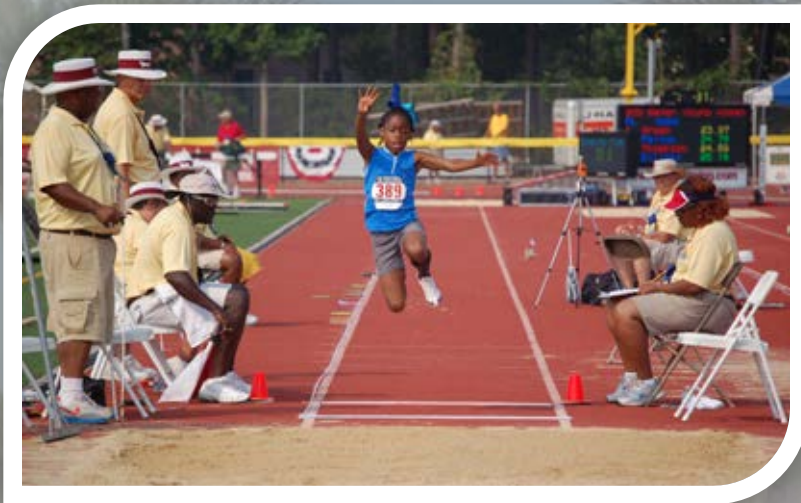
# Meet Registration and Information



## Register On-Line At:

- <http://coachoregistration.com/calendar/meet/calendar.html>

(Save \$2 per athlete for all registrations by April 15).



## For More Information Contact:

- Meet Director, Coach Rich Richardson @ [mbtrackcoach@gmail.com](mailto:mbtrackcoach@gmail.com), 303-520-4304  
or
- Meet Coordinator, John Pedersen @ [mbtrackinfo@gmail.com](mailto:mbtrackinfo@gmail.com), 843-450-1042  
or
- The Myrtle Beach Track & Field Club Website @ <http://mbtrackandfield.com/>