



**Coastal Carolina University Invitational
Hosted by Coastal Carolina University
and the City of Myrtle Beach
Friday & Saturday March 13-14, 2015
Doug Shaw Memorial Stadium (Myrtle Beach, SC)**

Coastal Carolina University and the City of Myrtle Beach are proud to announce our partnership with Coach O for on-site Meet Management and on-line entries for our spring break meets held at Doug Shaw Memorial Stadium. Charles Oliver will be serving as Meet Director and all entries will be handled on-line at www.coacho.com. Technical support for any questions regarding the entry system at Coach O is available by phone 865-255-6548 or email support@coacho.com

FACILITY (Doug Shaw Memorial Stadium, Myrtle Beach, SC): Stadium Capacity (6,500) Lights for night events and New Video scoreboard with results. NCAA & NFHS Certified 400M track, Beynon Sports Surfaces Full Pour Polyurethane Synthetic Surface with Embedded Texture, Eight 42" lanes, sprint and short hurdles marked in both directions on main straightaway, South D-area (High Jump), North D-area (Steeplechase Water Jump, 4 Pole Vault runways), Long/Triple Jump (Inside the track oval, 2 runways with sand pits at each end (4 total pits) parallel to main straight), 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, 2 Shot Put circles with separate rock dust landing areas. **FLATS OR 1/4" SPIKES ONLY ON TRACK SUFACE.**

ELIGIBILITY: NCAA, OPEN MEN AND WOMEN, CLUB AND UNATTACHED. HS age athletes may compete but must do so unattached and they may NOT represent their HS.

ENTRY FEE: \$350.00 PER GENDER TEAM / \$700.00 MENS AND WOMENS TEAMS COMBINED Teams are defined as 14 or more athletes per gender. Unattached competitors or teams with less than 14 athletes are \$25.00 per individual. Teams entering only relays will be charged \$50.00 per relay team (event). There is no limit on the number of events an athlete can be entered in, or the number of teams that an institution or club may enter in a running event, however **each team will be limited to entering a maximum of four athletes in all running and field events.**

[CLICK HERE TO REGISTER](#) for this meet.

PAYMENT OF ENTRY FEES, All entry fees MUST be prepaid. We will NOT be taking entry fees the day of the meet. If we do not receive your entry fee by the posted deadlines your entries will not be accepted into the meet. **Entry fees can be paid on-line by the entry deadline (3/10/15 by 5:00pm)** with credit card or electronic check. **Entry Fees can also be mailed to Coach O 1623 Singletree Lane, Knoxville, Tennessee 37922. Payable to Coach O. Must be received not postmarked by March 10, 2015, 5:00pm.**

All Unattached entries must prepay on-line at Coach O by credit card or electronic check ONLY!

On-line entries at Coach O: On-line Entries will be handled at www.coacho.com.

(You must be on the invited team list to enter on-line) Entry Deadline is 5:00pm Tuesday March 10, 2015

A descending order list of accepted entries will be posted at www.coacho.com and www.goccusports.com and emailed to all participating teams by Wednesday March 11, 2015. **We will enforce the NCAA Honest Entry Rules:** "Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up that discredits the event or intercollegiate athletics. Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management. The meet director or games committee shall determine the number of entries an institution is allowed in each event and shall disclose and publish entry marks."

SCRATCHES: Scratches and corrections must be made on-line at www.coacho.com by **5:00pm Tuesday March 10, 2015.**

HEAT SHEETS: Will be posted at www.coacho.com and www.goccusports.com and emailed to all participating teams by 9pm Wednesday, March 11, 2015 and will be available at packet pick-up.

MINIMUM MARKS

Only the **first** legal mark under the minimum will be measured under the following standards: Men's hammer/discus 124' 8" (38m), Women's hammer/discus 105' 0" (32m), Men's Javelin 131' 3" (40m), Women's Javelin 98' 5" (30m), Men's Shot Put 39' 4" (12m), Women's Shot Put 32' 9" (10m).

TENTATIVE OPENING HEIGHTS and BAR PROGRESSIONS:

Women's "B" HJ - 4' 9" (1.45m), Women's "A" HJ - 5' 1" (1.55m)
Women's "B" PV - 9' 0.25" (2.75m), Women's "A" PV - 10' 11.75" (3.35m)
Men's HJ - 6' 0.75" (1.85m), will create two flights if needed
Men's PV - 12' 1.5" (3.70m), will create two flights if needed
Bar Progression: HJ 5cm, PV 15cm

SEEDING/FORMAT: All running events will be final sections run on a time basis and seeded fastest to slowest. We will not run ahead of schedule, unless inclement weather or impending inclement weather becomes a problem and we need to move to a rolling schedule. Field event flights will be seeded shortest to longest or lowest to highest. In the LJ, TJ, SP, DISC, JAV, and HAMMER all competitors will receive 3 attempts, the top 9 competitors will advance to a final flight for 3 more attempts. If a field event is separated into an "A" and "B" flight the flights will be treated as separate competitions. **Both the 200m and 4x400m Relays will be seeded after check-in. Athletes and Relay teams must be checked-in for these events 1 hour prior to the event or they will be scratched.**

CHECK-IN: All athletes in the running events must check in with the clerk (located in the warm-up area) no later than (1) hour prior to the scheduled starting time for their event to get hip numbers. Field events athletes must check in for their event no later than 30 minutes prior to the scheduled start time of their event. Field event check-in is at the field event site with the head official. Heat sheets will be provided in the team packet. **Both the 200m and 4x400m Relays will be seeded after check-in. Athletes and Relay teams must be checked-in for these events 1 hour prior to the event or they will be scratched. All Relay teams must fill out a relay card and turn it into the clerk at the time of check-in.**

WARM-UP AREAS: All warm-ups will be done **outside the fenced track area.** (There is a large practice football field across from the track for this purpose). There are to be no athletes on the infield unless they are actively competing in an ongoing field event.

RESULTS: Finish Lynx - Hy-Tek will be used for results. Results will be posted on result board on the side of the main grandstand, next to the public entrance. Results will be posted at www.goccusports.com and www.coacho.com.

RESTROOMS/SHOWERS: There will be portable toilets on the warm-up fields and at the adjacent throws areas. Showers are not available at Doug Shaw Stadium. If you need access to showers after the event, please contact Bryan Stiles, CCU Athletic Events Coordinator at 843-349-5054 or bastiles@coastal.edu for availability at CCU.

WEIGH-INS: Athletes are expected to provide their own implements. Implements will be inspected and weighed for NCAA compliance prior to competition. Please see the weigh-in schedule on the meet schedule below.

SCHEDULE: Due to the anticipated size of the meet we are limiting the number of sections in running events on Saturday, OPEN sections will be run starting at 10:00am on Friday to accommodate entries beyond the number of seeded sections listed by event on the schedule for Saturday.

See attached time schedule. Please note schedule is tentative and may be modified due to weather or larger/smaller than expected entry fields. We will not run any event ahead of the currently scheduled time, unless inclement weather or impending inclement weather becomes a problem.

AWARDS: The top **collegiate** finisher in each event will receive an awards t-shirt (field events that are separated in “A” and “B” sections are treated as separate events, as will OPEN and SEEDED running event sections). Award t-shirts can be picked up once the final results for the event have been posted. Unattached and open competitors are not eligible for awards.

PARKING: Limited parking is available in the Doug Shaw Stadium parking lot off of 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 at Myrtle Beach Primary School. Overflow parking will be available on Friday after 3pm and Saturday at MB Primary or MBHS lots.

ATHLETIC TRAINING: Medical and Athletic Training Room inquiries should be directed to Barry Lippman (843-421-1772) and email blippman@coastal.edu. Coastal Carolina Athletic Trainers will be available on site during the competition.

PRACTICE DURING SPRING BREAK: See attached schedule for “open” practice hours at Doug Shaw Memorial Stadium (Myrtle Beach).

Please contact Zach McCall at 843-918-2370 or zmccall@cityofmyrtlebeach.com for access to weight training facilities at Pepper Geddings Recreation Center (corner of 33rd Ave North and Oak) or questions about practice at Doug Shaw Stadium.

PACKET PICK-UP: Packet pick-up will be open at 8:00am on Friday March 13 through the end of competition and at 8:00am Saturday March 14. Packet pick-up is located just inside the participant entrance to the stadium.

CREDENTIALS: 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 with credentials will be allowed on the infield.

ADMISSION: Admission will be charged on Friday and Saturday. Adults are \$5/day or \$10/meet, children and students with school ID are free.

COMPETITOR NUMBERS: All participating athletes (college, club and unattached) must wear a competitor number while competing. They must also present the number at the clerk’s tent or field event site to be checked into the event and to gain access to the stadium. Competitor numbers will be provided in the team packet at packet pick-up.

QUESTIONS:

Meet Director **Charles Oliver** 865-207-4868, or email coachotrack@gmail.com

Men’s & Women’s Head Track Coach **Jeff Jacobs** at 843-349-2907, or email jjacobs@coastal.edu

Directions to Doug Shaw Stadium (Myrtle Beach SC)

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** and follow **Highway 17 By-Pass** south to **38th Avenue North**. There will be a McDonalds and CVS Drug Store 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 and I-95):

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 Beach.
Continue to follow Highway 17 North to **29th Avenue North** (Broadway at the Beach 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.

NOTE: The Coastal Carolina University Track & Field Facility will not have any “open practice hours”. The CCU TF Facility will be made available for practice only by a specific team request and only a few days and time slots will be able to be accommodated.

Day and Date	Times (venues)
Sunday March 8	Closed
Monday March 9	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Tuesday March 10	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Wednesday March 11	8am-1pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Thursday March 12	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Friday March 13	8am-10am (Track only) Coastal Carolina University Invitational Running events start at 11:30am M Hammer general warm-up starts at 9am W Javelin general warm-up starts at 10am Open Long Jump general warm-up at 10am
Saturday March 14	Coastal Carolina University Invitational
Sunday March 15	Closed
Monday March 16	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Tuesday March 17	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Wednesday March 18	8am-3pm (Track/Jumps/Jav/SP) 10am-3pm (Cage)
Thursday March 20	8am-11am (Track & Jumps) 8am-5pm (Javelin) Shot rings will be closed for practice during multi's Shamrock Invitational Starts at 12:00pm
Friday March 21	Shamrock Invitational All-Day
Saturday March 22	Shamrock Invitational All-Day
Sunday March 23	Closed

**Coastal Carolina University Invitational at Doug Shaw Memorial
Stadium**

Friday March 13-Saturday March 14, 2015

***Tentative* EVENT SCHEDULE**

Friday March 13

Implement Weigh-In Schedule by Event:

7:00am-9:15am (M) Hammer
8:00am-10:15am (W) Javelin
10:30am-12:30pm (W) Hammer/(M) Javelin
2:00pm-4:00pm (W) Shot Put/ (M) Discus (Can weigh-in for Saturday)

FIELD EVENTS:

10:00am Hammer Men followed by Women
11:00am Javelin Women followed by Men
11:00am "B" Flight Long Jump Men and Women concurrent (Top 9 advance to finals)
2:00pm Pole Vault "B" Flight Women (tentative opening height 2.75m)
Followed by "A" Flight Women (tentative opening height 3.20m)
3:00pm "A" Flight Long Jump Men and Women concurrent (top 2 flights and finals)

TRACK EVENTS (Women followed by Men, sections will run fast to slow):

Open sections will accommodate all those who do not make the top # of seeded sections listed by event on Saturday.

11:30am Open 1500m
Open 100mHH/110mHH
Open 400m
Open 100m
Open 800m
Open 400mLH/400mIH
Open 200m
5:00pm Women's 4x800m Relay
5:15pm Men's 4x800m Relay
5:30pm Women's 4x200m Relay
5:40pm Men's 4x200m Relay
5:50pm Women's 5,000m
6:20pm Men's 5,000m
7:00pm Women's 10,000m
7:45pm Men's 10,000m

Saturday March 14

Implement Weigh-in Schedule by Event (Equipment shed):

8:00am-9:15am (W) Shot Put/ (M) Discus

10:00am-1:00pm (M) Shot Put/ (W) Discus

FIELD EVENTS (number of flights in parenthesis):

10:00am Discus Men followed by Women

10:00am Shot Put Women followed by Men

10:00am High Jump "A" flight Women (tentative opening height 1.55m)

10:00am High Jump "B" flight Women (tentative opening height 1.45m)

11:00am Pole Vault Men (tentative opening height 3.70m)

1:00pm High Jump Men (tentative opening height 1.85m)

2:30pm Triple Jump Women

3:30pm Triple Jump Men

TRACK EVENTS (Sections run fast to slow):

10:00am Women's and Men's 3000m (all sections)

11:00am Women's and Men's 4x100m relay (all sections)

11:15am Seeded Men's 1500m (top 3 sections)

11:35am Seeded Women's 1500m (top 3 sections)

12:00pm Seeded Women's 100m HH (top 4 sections)

12:30pm Seeded Men's 110m HH (top 4 sections)

12:45pm Seeded Women's 400m (top 8 sections)

1:00pm Seeded Men's 400m (top 8 sections)

1:30pm Seeded Women's 100m (top 8 sections)

1:45pm Seeded Men's 100m (top 8 sections)

2:00pm Seeded Women's 800m (top 4 sections)

2:20pm Seeded Men's 800m (top 4 sections)

2:50pm Seeded Women's 400m LH (top 4 sections)

3:05pm Seeded Men's 400m IH (top 4 sections)

3:30pm Seeded Women's 200m (8 sections, seed AFTER check-in, MUST check-in by 2:30pm)

3:50pm Seeded Men's 200m (8 sections, seed AFTER check-in, MUST check-in by 2:50pm)

4:15pm Women's and Men's 3000m SC (all sections)

4:45pm Women's and Men's 4x400mR (Will seed AFTER check-in, MUST check-in by 4:00pm!)