



**Alan Connie Shamrock Invitational XIX, Presented by Coach O,
Hosted by Coastal Carolina University and the City of Myrtle Beach
Thursday-Saturday March 19-21, 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.

"SHAMROCK INVITATIONAL MAYOR'S RELAY CUP": The City of Myrtle Beach Mayor, the honorable John Rhodes, will present an award cup to the top male and female collegiate institutions based on a cumulative score of all the relay events held at the 2015 Shamrock Invitational. All four relay events (4x100m, 4x200m, 4x400m, 4x800m) will each be scored 1st-8th place (10-8-6-5-4-3-2-1) and the male and female teams with highest total points will each take home the "Shamrock Invitational Mayor's Relay Cup". Note: Collegiate institutions can enter more than one team in any relay event; however only one team will count in the scoring of each relay event, also club and unattached relay teams will NOT count in the scoring or be eligible for the award.

MEET PHOTOGRAPHY by PRETTYSPORTY: Cheryl Treworgy, named 2010 Track and Field Writers of America Photographer of the Year, will be on-hand shooting all three days of competition. Please check www.prettysporty.com for photos of your athletes a few days after the conclusion of the meet.

FACILITY (Doug Shaw Memorial Stadium, Myrtle Beach, SC): Stadium Capacity (5,000) 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 SURFACE.

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 FEES: \$400.00 PER GENDER TEAM / \$800.00 MENS AND WOMENS TEAMS COMBINED Teams are defined as 14 or more entered athletes per gender. Unattached competitors or teams with less than 14 athletes are \$30.00 per individual. There is no limit on the number of events an athlete can be entered in, or the number of teams an institution may enter in a relay event; however **each team will be limited to entering a maximum of four (4) athletes in all running and field events, and a maximum of three (3) athletes in the multi-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 (3/17/15 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 17, 2015, 5:00pm.

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

ENTRIES, 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 17, 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 9:00pm Tuesday March 17, 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: www.coacho.com by 5:00pm Tuesday March 17, 2015.

HEAT SHEETS: Will be posted at www.coacho.com and www.goccusports.com and emailed to all participating teams by 5pm Wednesday March 18, 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 124' 8" (38m), Women's discus 111' 6" (34m), Men's Javelin 131' 3" (40m), Women's Javelin 98' 5" (30m), Men's Shot Put 42' 8" (13m), Women's Shot Put 36' 1.25" (11m).

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' 6" (3.20m) Men's "B" HJ - 6' 0.75" (1.85m), Men's "A" HJ - 6' 4.75" (1.95M) Men's "B" PV - 12' 1.5" (3.70m), Men's "A" PV 14' 1.25" (4.30m) Bar Progression: HJ 5cm, PV 15cm

SEEDING/FORMAT:

Qualifying rounds in running events will only be run for the 100m and 100mHH/110mHH. The top 8 fastest times in each event will qualify for the finals. All other running events will be run as final sections 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. 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. **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.**

AMBER CAMPBELL INVITATIONAL WOMEN'S HAMMER:

We will be holding an invitational section of the women's hammer in honor of 2012 Olympic Trials Champion, and 2x Olympian, Amber Campbell (Coastal Carolina alumnus ('04) and current volunteer coach) to start at 11:30am on Friday. Meet management will select the field and size for this single flight (3 preliminary throws, with the top 9 competitors advancing directly to a final flight for 3 more attempts). Additional flights of the women's hammer will follow seeded from shortest to longest (3 attempts each, followed by a final flight).

CHECK-IN: All athletes in the running events must check in with the clerk no later than (1) hour prior to the scheduled starting time for their event to get hip numbers. The running event clerk tent will be located on the FB practice field (warm-up area). 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/flight 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 on-line at www.coacho.com and www.goccusports.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, please contact Bryan Stiles, CCU Athletic Events Coordinator at 843-349-5054 or bastiles@coastal.edu for availability at CCU.

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 than expected entry. 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.

MEDICAL:

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

WEIGH-INS:

Athletes are expected to provide their own implements. Implements will be inspected and weighed for NCAA compliance prior to competition. Weigh-in for all implements will take place at the end of the javelin landing area.

Weigh-in Schedule:**Thursday March 19**

9:00am-10:30am (M) Hammer

10:00am-11:30am All Multi-Event Implements

Friday March 20

10:00am-11:00am (W) Invitational Hammer

10:00am-12:30pm (W) Hammer

1:30pm-3:00pm (M) Javelin

4:00pm-6:00pm (M) Discus/ (W) Shot Put/ (W) Javelin (can weigh-in for Saturday!)

Saturday March 21

7:00am-8:30am (M) Discus

8:00am-9:30am (W) Javelin/ (W) Shot Put

10:00am-12:00pm (W) Discus/ (M) Shot Put

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 Memorial Stadium.

PACKET PICK-UP: Packet pick-up will be open at 9:00am on Thursday March 19 and at 8:00am Friday March 20 through the close of competition on each day. 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.

GENERAL QUESTIONS: Meet Director Charles Oliver 865-207-4868, or email coachotrack@gmail.com
Director of Men’s & Women’s Track & Field Jeff Jacobs at 843-349-2907, or jjacobs@coastal.edu

2015 Spring Break Doug Shaw Memorial Stadium “Open Practice Hours”

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/Javelin/SP) 10am-3pm (Cage)
Thursday March 19	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 20	Shamrock Invitational All-Day
Saturday March 21	Shamrock Invitational All-Day
Sunday March 22	Closed

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.

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

1. 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.

2015 Alan Connie Shamrock Invitational at Doug Shaw Memorial Stadium (Myrtle Beach SC)
TENTATIVE Events Time Schedule March 19-21, 2015

Thursday, March 19

FIELD EVENTS:

11:00am Men's Hammer Throw

MULTI EVENTS:

11:45am Heptathlon 100mHH

12:05pm Decathlon 100m

Heptathlon High Jump 2 pits (30 minutes after conclusion of 100mHH)

Decathlon Long Jump 2 pits (30 minutes after conclusion of 100m)

Heptathlon Shot Put 2 rings (30 minutes after conclusion of High Jump)

Decathlon Shot Put 2 ring (30 minutes after conclusion of Long Jump)

Heptathlon 200 meters (30 minutes after conclusion of Shot Put)

Decathlon High Jump 2 pits (30 minutes after conclusion of Shot Put)

Decathlon 400m (30 minutes after conclusion of High Jump)

5:30pm Myrtle Beach Track and Field Day

TRACK EVENTS:

7:00pm 10,000 Women

7:50pm 10,000 Men

Friday, March 20

MULTI EVENTS:

10:45am Heptathlon 100mHH

Heptathlon Long Jump (2 pits)

Decathlon Discus (30 minutes after conclusion of 110mHH)

Heptathlon Javelin 2 flights (30 minutes after conclusion of Long Jump)

Decathlon Pole Vault 2 pits (30 minutes after conclusion of Discus)

Heptathlon 800m (30 minutes after conclusion of Javelin)

Decathlon Javelin 2 flights (30 after conclusion of Pole Vault)

Decathlon 1500m (30 minutes after conclusion of Javelin)

12:05am Decathlon 100m

FIELD EVENTS:

11:30am Amber Campbell Invitational Women's Hammer (1 flight, top 9)

1:00pm Women's Hammer (4 flights, top 9 advance to finals)

3:30pm Men's Javelin (3 flights (will start 30minutes after completion of Decathlon Javelin

4:00pm "A" Flight Women's High Jump (Opening height 1.55m/5' 1")

4:00pm "A" Flight Women's Pole Vault (Opening height 3.20m/10'6")

5:00pm "A" Section Long Jump Men and Women (Top 2 flights, top 9 go to finals)

6:00pm "B" Women's Flight Women's High Jump (Opening height 1.45m/4'9")

6:00pm "B" Women's Pole Vault (Opening height 2.75m/9'0.25")

TRACK EVENTS (Women followed by Men, # of Sections run fast to slow):

10:30am 1 Mile Women (Open sections)

1 Mile Men (Open Sections)

11:10am 400 meters Women (Open sections)

400 meters Men (Open sections)

11:50am 800 meters Women (Open sections)

800 meters Men (Open sections)

12:30pm 400mLH Women (Open sections)

400mIH Men (Open sections)

2:30pm 100 meters Women's Trials (Top 8 collegiate times qualify to Sat. final)

100 meters Men's Trials (Top 8 collegiate times qualify to Sat. final)

4:00pm	4x800m relay	Women (1 turn stagger, double waterfall)
	4x800m relay	Men 1 turn stagger, double waterfall)
4:45pm	4x200m relay	Women (4 turn stagger, in lanes all the way)
	4x200m relay	Men (4 turn stagger, in lanes all the way)
5:30pm	100mHH	Women's Trials (top 8 collegiate times qualify for Sat. final)
	110mHH	Men's Trials (top 8 collegiate times qualify for Sat final)
6:15pm	3,000 meters	SC Women
	3,000 meters	SC Men (Terah Kipchiris Memorial)
7:15pm	5,000 meters	Women
	5,000 meters	Men

2015 Alan Connie Shamrock Invitational at Doug Shaw Memorial Stadium (Myrtle, Beach, SC)
TENATIVE Events Time Schedule March 19-21, 2015

Saturday, March 21

FIELD EVENTS

9:00am	Men's Discus followed by Women's Discus	
9:00am	"B" Section Long Jump Women (pit closest to track)	
9:00am	"B" Section Long Jump Men (pit closest to FB field)	
10:00am	Women's Javelin	
10:00am	Women's Shot Put followed by Men's Shot Put	
11:00am	"B" Flight Men's High Jump (Opening height 1.80m/5'10".75")	
12:00pm	"B" Flight Men's Pole Vault (Opening height 3.70m/12'1.5")	
1:00pm	"A" Flight Men's High Jump (Opening height 1.90m/6'2.75")	
1:30pm	Women's Triple Jump (pit closest to track)	
2:00pm	"A" Flight Men's Pole Vault (Opening height 4.30m/14'1.25")	
2:30pm	Men's Triple Jump (pit closest to FB field)	

TRACK EVENTS (Women followed by Men, # of Sections run fast to slow)

10:00am	Open 200 meters	Women
10:15am	Open 200meters	Men
10:30am	Seeded Mile	Women (3 sections)
10:50am	Seeded Mile	Men (3 sections)
11:15am	4x100 meter relay	Women
11:35am	4x100 meter relay	Men
11:55am	100 meter HH Final	Women (top 8 collegiate times from Friday prelims)
12:10pm	110 meter HH Final	Men (top 8 collegiate times from Friday prelims)
12:25pm	Seeded 400 meter	Women (8 sections)
12:55pm	Seeded 400 meter	Men (8 sections)
1:15pm	100 meter Final	Women (top 8 collegiate times from Friday prelims)
1:20pm	100 meter Final	Men (top 8 collegiate times from Friday prelims)
1:30pm	Seeded 800 meters	Women (4 Sections, 1 turn stagger in lanes)
1:50pm	Seeded 800 meters	Men (4 sections, 1 turn stagger in lanes)
2:15pm	Seeded 400meter LH	Women (5 sections)
2:30pm	Seeded 400 meter IH	Men (5 sections)
3:00pm	Seeded 200 meters	Women (Seeded after check-in, MUST declare by 2:00pm!)
3:20pm	Seeded 200 meters	Men (Seeded after check-in, MUST declare by 2:15pm!)
3:45pm	3000 meters	Women
4:25pm	3000 meters	Men
5:00pm	4x400 meter relay	Women (seed after check-in, MUST declare by 3:15pm!)
	4x100 meter relay	Men (seed after check-in, MUST declare by 3:45pm!)

Shamrock Invitational Meet Records (12 records broken or equaled in 2014)

Men

100m	Reggie Dixon	Hampton	10.26	2012
200m	Dane Hyatt	Unattached	20.69	2012
400m	Nathaniel McKinney	Unattached	46.27	2010
800m	Johnny Shuping	Unattached	1:51.14	2008
1500m	Carlos Jamieson	American	3:51.84	2006
	Derek Scott	PUMA	3:51.84	2011
Mile	Sean Duffy	Unattached	4:03.89	2006
3000m	Parker Boudreau	George Mason	8:22.60	2011
5000m	Kyle Kling	Coastal Carolina	14:30.98	2010
10000m	Josh McDonald	Liberty	30:41.71	2013
110mHH	Jason Richardson	South Carolina	13.47	2008
400mIH	Elhadji Mbow	St. Augustine's	51.15	2013
3000mSC	Derek Scott	PUMA	8:45.26	2011
4x100mR	(Jamison, Johnson, Hewitt, Jones)	St. Augustine's	40.07	2014
4x200mR		GW Express	1:23.08	2011
4x400mR		South Carolina	3:06.59	2008
4x800mR	(Brooks, O'Connor, Vanderham,)	UNC Wilmington	7:33.19	2012
1200-400-800-1600 DMR		Liberty	9:46.44	2007
High Jump	Joe Kindred	Unattached	7-05.75 (2.28m)	2010
Pole Vault	Rory Quiller	Binghamton	17-00.75 (5.20m)	2006
Long Jump	Diego Lawrence	Campbell	24-08.50 (7.53m)	2011
Triple Jump	Lincoln Carr	Unattached	51-9.75 (15.79m)	2012
Shot Put	Jakob Engel	Purdue	61-4 (18.69m)	2013
Discus	Kibwe Johnson	Ashland	194-1 (59.15m)	2007
Hammer	Andy Fryman	Unattached	234-9 (71.55m)	2014
Javelin	Jason Flanagan	Unattached	245-6 (74.83m)	2013
Decathlon	Carsten Ashland	6954	2009	

Women

100m	Shayla Mahan	South Carolina	11.35	2011
200m	Adella King	Indiana Tech	23.38	2013
400m	Precious Holmes	South Carolina	52.89	2014
800m	Yanique Haye-Smith	GW Express	2:10.00	2014
1500m	Meghan Armstrong	Iowa	4:26.62	2008
Mile	Keira Carlstrom	American	4:50.13	2006
3000m	Dena O'Brien	College of Charleston	9:38.27	2011
5000m	Kelly McCurdy	Purdue	16:39.89	2013
10000m	Brenae Edwards	Mansfield	34:51.66	2013
100mHH	Janica Austin	South Carolina	13.73	2011
400mLH	Jessica Gelibert	Coastal Carolina	58.39	2014
3000mSC	Madelin Talbert	Lipscomb University	10:29.26	2014
4x100mR (Johnson, Harris, Bandy, Brockington)		South Carolina	44.65	2014
4x200mR (Holmes, Bellamy, Harris, Haith)		South Carolina	1:34.52	2014
4x400mR (Bellamy, Haith, Bandy, Holmes)		South Carolina	3:36.11	2014
4x800mR		Minnesota	8:51.01	2010
1200-400-800-1600 DMR		Liberty	11:49.20	2008
High Jump	Deandra Daniel	Coppin State	5-08.75 (1.75m)	2014
	Jeannelle Scheper	South Carolina	5-08.75 (1.75m)	2011
	Caleigh Bacchus	Iowa	5-08.75 (1.75m)	2010
	Priscilla Frederick	St. John's	5-08.75 (1.75m)	2009
	Toni Aluko	Maryland	5-08.75 (1.75m)	2008
Pole Vault	Claire Goodson	Samford	12-9.5 (3.90m)	2012
Long Jump	Lynnsey Hyter	Georgia Southern	19-10.75 (6.06m)	2008
Triple Jump	Chasity Johnson	Coastal Carolina	42-08.25 (13.01m)	2005

Shot Put	Annie Alexander	Manhattan College	56-3.25 (17.15m)	2014
Discus	Annie Alexander	Manhattan College	175-11 (53.63m)	2014
Hammer	Amber Campbell	Nike-Mjolnir	236-05 (72.07m)	2011
Javelin	Kim Hanslovan	Clarion (PA)	153-0 (46.64m)	2012
Heptathlon	Abby Kacsandi	Unattached	4929	2012