



**Coach O Coastal Carolina Invitational  
Hosted by Coastal Carolina University  
and the City of Myrtle Beach  
Friday & Saturday March 11-12, 2016  
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.directathletics.com](http://www.directathletics.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 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.

**INTENT TO COMPETE:** Click here to declare your intent to compete and put your team on invited team list: [2016 Myrtle Beach Spring Break Meet Registration](#)

**HOTEL:** Click here to make your hotel reservation: [2016 Myrtle Beach Spring Break Meets Hotel Block](#)

**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 (entries should be open by February 1, 2016).

**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 must be paid by check by the entry deadline (3/8/2016). Entry fees must be mailed to Coach O at PO Box 82722, Kenmore, WA 98028. Make checks payable to Bags By Coach O. **Must be received by March 8, 2016, 5:00pm.** All Unattached entries must prepay the entry fee. On-line Entries will be handled at [www.directathletics.com](http://www.directathletics.com). (You must be on the invited team list to enter on-line) **Entry Deadline is 5:00pm Tuesday March 8, 2016.**

A descending order list of accepted entries will be posted at [www.coacho.com](http://www.coacho.com) and [www.goccusports.com](http://www.goccusports.com) and emailed to all participating teams by 9pm Tuesday March 9, 2016. **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:** After review of performance list please send any scratches and/or corrections to [jjacobs@coastal.edu](mailto:jjacobs@coastal.edu) by 12pm NOON Wednesday March 9, 2016.

**HEAT SHEETS/FINAL SCHEDULE OF EVENTS:** Will be posted at [www.coacho.com](http://www.coacho.com) and [www.goccusports.com](http://www.goccusports.com) and emailed to all participating teams by 9pm Wednesday, March 9, 2016 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 the FINAL posted 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. **New for 2016 due to the large number of flights field event check in will be FLIGHT SPECIFIC** athletes must be checked in only PRIOR to the start of their flight or they will be scratched from the 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:** Live Results will be posted at <http://www.adkinstrak.com/> Paper Results will be posted on result board on the side of the main grandstand, next to the public entrance. Final Results will be posted at [www.goccusports.com](http://www.goccusports.com), [www.directathletics.com](http://www.directathletics.com), and [www.coacho.com](http://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](mailto:bastiles@coastal.edu) for shower availability at Coastal Carolina University.

**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 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 9pm on Wednesday March 9, 2016 at 9pm. We will not run any event ahead of the FINAL 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 33<sup>rd</sup> 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 Uriah Snoberger (843-421-9656) and email [usnoberge@coastal.edu](mailto:usnoberge@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 Jordan Simbeck at 843-918-2292 or [jsimbeck@cityofmyrtlebeach.com](mailto:jsimbeck@cityofmyrtlebeach.com) for access to weight training facilities at Pepper Geddings Recreation Center (corner of 33<sup>rd</sup> 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 11 through the end of competition and at 8:00am Saturday March 12. 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. The cost for adults is \$6/day or \$12/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](mailto:coachotrack@gmail.com)  
CCU Director of TF/XC **Jeff Jacobs** at 843-349-2907, or email [jjacobs@coastal.edu](mailto: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 **38<sup>th</sup> Avenue North**. There will be a McDonalds and CVS Drug Store at this intersection.

Turn **LEFT** onto 38<sup>th</sup> Avenue North and follow it to the **2<sup>nd</sup> Stop Light** (Oak Street).  
Turn **RIGHT** on to Oak Street and follow it to **33<sup>rd</sup> Avenue North**.  
Turn **RIGHT** on to 33<sup>rd</sup> 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 **38<sup>th</sup> Avenue North**.  
Turn **LEFT** onto 38<sup>th</sup> Avenue North and follow it to the **1<sup>st</sup> Stop Light** (Oak Street).  
Turn **RIGHT** on to Oak Street and follow it to **33<sup>rd</sup> Avenue North**.  
Turn **RIGHT** on to 33<sup>rd</sup> 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 **29<sup>th</sup> Avenue North** (Broadway at the Beach Hard Rock Café will be on your RIGHT).  
Turn **RIGHT** on to 29<sup>th</sup> Avenue North and follow it to **Oak Street**.  
Turn **LEFT** on to Oak Street and follow it to **33<sup>rd</sup> Avenue North**.  
Turn **LEFT** on to 33<sup>rd</sup> 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.**

<b>Day and Date</b>	<b>Times (venues)</b>
Sunday March 6	Closed
Monday March 7	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Tuesday March 8	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Wednesday March 9	8am-1pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Thursday March 10	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Friday March 11	8am-10am (Track only) Coastal Carolina University Invitational Shot Put Pits are available for practice Hammer/Javelin/Discus closed for practice
Saturday March 12	Coastal Carolina University Invitational
Sunday March 13	Closed
Monday March 14	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Tuesday March 15	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Wednesday March 16	8am-3pm (Track/Jumps/Jav/SP) 10am-3pm (Cage)
Thursday March 17	8am-11am (Track & Jumps) 8am-5pm (Javelin) Shot rings will be closed for practice during multi's Hammer/Discus not available for practice
Friday March 18	Shamrock Invitational All-Day
Saturday March 19	Shamrock Invitational All-Day
Sunday March 20	Closed

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

**Friday March 11-Saturday March 12, 2016**

***TENTATIVE EVENT SCHEDULE***

**Friday March 11**

**Implement Weigh-In Schedule by Event:**

**7:30am-9:00am** (M) Hammer  
**7:30am-9:00am** (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  
**10:00am** Javelin Women followed by Men  
**11:00am** "B" Flight Long Jump Men and Women concurrent (Top 9 advance to finals)  
**3:00pm** Pole Vault Women (Maybe separated into two flights if necessary)  
**3:00pm** "A" Flight Long Jump Men/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.**

**12:00pm** Open 1500m  
**1:00pm** Open 100mHH/110mHH  
**1:30pm** Open 400m  
**2:00pm** Open 100m  
**2:30pm** Open 800m  
**3:30pm** Open 400mLH/400mIH  
**4:00pm** Open 200m  
**4:35pm** Women's 4x800m Relay  
**5:00pm** Men's 4x800m Relay  
**5:25pm** Women's 4x200m Relay  
**5:30pm** Men's 4x200m Relay  
**5:50pm** Women's 5,000m  
**6:35pm** Men's 5,000m  
**7:15pm** Women's 10,000m  
**8:00pm** Men's 10,000m

## **Saturday March 12**

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

**7:00am-8:00am** (M) Discus  
**8:00am-9:00am** (W) Shot Put  
**10:00am-12:00pm** (M) Shot Put  
**10:00am-1pm** (W) Discus

### **FIELD EVENTS (number of flights in parenthesis):**

**9:00am** 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)  
**10:00am** Pole Vault Men (tentative opening height 3.70m, will separate into two flights if necessary)  
**2:30pm** High Jump Men (tentative opening height 1.85m, will separate into two concurrent flights if necessary)  
**3:00pm** Triple Jump Women  
**3:00pm** Triple Jump Men

### **TRACK EVENTS (Sections run fast to slow):**

**9:30am** 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)  
**5:00pm** Women's and Men's 4x400mR (Will seed AFTER check-in, MUST check-in by 4:00pm!)