Thursday March 20
FIELD EVENTS:
11:00am Men’s Hammer Throw (3 flights)
MULTI EVENTS:
11:45am Heptathlon 100mHH (5 sections)
12:05pm Decathlon 100m (3 sections)
Decathlon High Jump 2 pits (30 minutes after conclusion of 100mHH)
Decathlon Long Jump 2 pits (30 minutes after conclusion of 100m)
Decathlon Shot Put 2 rings (30 minutes after conclusion of High Jump)
Decathlon Shot Put 2 rings (30 minutes after conclusion of Long Jump)
Decathlon 200m (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 10,000m Women (1 section)
7:50 pm 10,000m Men (1 section)

Friday March 21
MULTI EVENTS:
9:00am Decathlon 110mHH
10:15am Heptathlon Long Jump 2 pits
Heptathlon 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 minutes after conclusion of Pole Vault)
Decathlon 1500m (30 minutes after conclusion of Javelin)
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 30 min 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” Flight Women’s High Jump (Opening height 1.45m/4’ 9”)
6:00pm “B” Flight 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 1500 meters Women (3 Open Sections)
11:10am 400 meters Women (4 Open Sections)
11:50am 800 meters Women (4 Open Sections)
12:30pm 400mLH Women (4 Open Sections)
2:30pm 100 meters (15 Heats) Women’s Trials (top 8 collegiate times qualify to Sat. final)
100 meters (10 Heats) Men’s Trials (top 8 collegiate times qualify to Sat. finals)
4:00pm 4x800m relay Women (2 sections, 1 turn stagger, double waterfall)
4x800m relay Men (2 sections, 1 turn stagger, double waterfall)
4:45pm 4 x 200m relay Women (4 sections-4 turn stagger, in lanes all the way)
4 x 200m relay Men (3 sections-4 turn stagger, in lanes all the way)
5:30pm 100mHH (6 heats) Women’s Trials (top 8 collegiate times qualify to Sat. final)
110mHH (7 heats) Men’s Trials (top 8 collegiate times qualify to Sat. final)
6:15pm 3,000 meters SC Women (2 sections)
3,000 meters SC Men (2 sections-Terah Kipchiris Memorial)
7:15pm 5,000 meters Women (2 sections)
5,000 meters Men (1 section)
Saturday March 22

FIELD EVENTS (# of flights):
9:00am     Men's Discus (4 flights) followed by Women's Discus (5 flights)
9:00am     "B" Section Long Jump Women (3 flights-pit closest to track)
9:00am     "B" Section Long Jump Men (3 flights-pit closest to FB field)
10:00am    Women's Javelin (4 flights)
10:00am    Women's Shot Put (5 flights) followed by Men's Shot Put (4 flights)
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 (4 flights-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 (3 flights-pit closest to FB field)

TRACK EVENTS (Women followed by Men, # of sections):
(Sections run fast to slow)
10:00am    Open 200 meters     Women (4 Open Sections)
10:15am    Open 200 meters     Men (4 Open Sections)
10:30am    Seeded Mile         Women (3 sections)
10:50am    Seeded Mile         Men (3 sections)
11:15am    4x100 meter relay   Women (5 sections)
11:35am    4x100 meter relay   Men (4 sections)
11:55am    100 meter HH Final  Women (top 8 collegiate times from Friday prelims)
12:10pm    1 100 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 alleys)
2:15pm     Seeded 400 meter 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 2pm!)
3:20pm     Seeded 200 meters   Men (Seeded after check-in, MUST declare by 2:15pm!)
3:45pm     3000 meters         Women (3 sections)
4:25pm     3000 meters         Men (3 sections)
5:00pm     4x400m relay        Women (seed after check-in, MUST declare by 3:15pm!)
        4x400m relay        Men (seed after check-in, MUST declare by 3:45pm!)