

## **Meet Day Information – Battle of the Beaches VIII – Saturday March 3<sup>rd</sup> at Coastal Carolina**

**NCAA Rules will be followed unless otherwise noted, all field events will be measured in metric.**

**Competing Teams:** Coastal Carolina (Men), UNC Wilmington, The Citadel

**Team Scoring:** Dual scoring will be kept between each institution, with the top two individuals from each team scoring in individual events, and only one relay from each institution scoring. Individual Events will be scored 5-3-2-1, Relay Events will be scored 5-3.

### **Entries:**

Entries will be handled on-line at [directathletics.com](http://directathletics.com), there is no limit to the number of athletes entered per event, or teams entered per relay event. Entries will close on Thursday March 1<sup>st</sup> at 9pm.

### **Athlete Check-in:**

**Running Events:** Check-in at least **30 minutes** before the start time of your event at the Clerk of the Course (located in the large white tent by equipment shed) for a hip number (left hip and left chest) and heat assignment. Please notify the clerk asap if you intend to scratch an individual or team.

**Field Events:** Check-in at the event site with the Event Judge at least 30 minutes before the start time of your event, all athletes must be checked-in before the event starts even if you are in a later flight.

**Relay Events:** All Relay teams must fill out a Relay Card at check-in, listing all names in the correct order. Relay Cards will be provided in the coach's packet and in the clerk's tent.

### **Competition Format:**

**Running Events:** Running events will be run in timed section finals seeded in flights from fast to slow.

#### ***Hammer, Javelin, Shot Put, Discus Events:***

Will be seeded in flights from shortest to farthest with each athlete receiving three attempts, after the last flight is completed the top 9 overall will be reseeded in reverse order of their place in the competition after the trials and advance to the finals for three more attempts.

#### ***Long and Triple Jump Events:***

Competition order will alternate between institutions. All competitors will receive 4 attempts.

### **Horizontal Jump Opening Heights:**

**MEN's Pole Vault:** 3.70m (12' 1.5") 15cm progression

**WOMEN's Pole Vault:** 2.75m (9' 0.25") 15cm progression

**WOMEN's High Jump:** 1.45m (4' 9") 5cm progression

**MEN's High Jump:** 1.83m (6' 0") 5cm progression

**Warm-up for Track Events:** Please use the practice soccer/football fields adjacent to the track for warm-ups. Only coaches and athletes who are competing or warming-up for the next event should be on the infield or inside the fence around the track.

**Restrooms:** Portable restrooms are available around the outside of the track.

**Showers:** If you need access to showers please contact our Athletics Event Coordinator Bryan Paar at 843-6576 or [bpaar@coastal.edu](mailto:bpaar@coastal.edu)

**Athletic Training:** CCU Certified Athletic Trainers will be available at the meet. Please contact Dwayne Beam 843-349-2825 or [dbeam@coastal.edu](mailto:dbeam@coastal.edu) for any questions.

**Results:** Will be posted after the completion of each event. Final results will posted on our website at [www.goccusports.com](http://www.goccusports.com) SID contact is Cody Bays 843-349-6467 or [cbays@coastal.edu](mailto:cbays@coastal.edu)

**“Battle of the Beaches VIII”**  
**UNC Wilmington, Coastal Carolina University Men, The Citadel**  
**Saturday March 3, 2012 at Coastal Carolina University**  
**Tentative Schedule**

**Implement Weigh-in (Equipment shed)**

10:00am-12:00pm

**Field Events**

11:00am Women’s Hammer

11:00am Men’s Javelin

12:15pm Women’s Javelin

12:15pm Men’s Hammer

12:30pm Men’s Long Jump (inside pit)

12:30pm Women’s Long Jump (outside pit)

1:30pm Men’s Shot Put

1:30pm Women’s Discus

1:30pm Women’s Pole Vault followed by Men’s Pole Vault

2:00pm Women’s High Jump, followed by Men’s High Jump

2:45pm Women’s Shot Put

2:45pm Men’s Discus

3:00pm Men’s Triple Jump (inside pit)

3:00pm Women’s Triple Jump (outside pit)

**Running Events (women followed by men)**

12:30pm Women’s 4 x 800M Relay

Men’s 4 x 800m Relay

1:00pm Men’s 2000MSC

1:30pm Women’s 4 x 100M Relay

Men’s 4 x 100M Relay

1:45pm Women’s 1500M

Men’s 1500M

2:05pm Women’s 100M HH

Men’s 110M HH

2:15pm Women’s 400M

Men’s 400M

2:25pm Women’s 100M

Men’s 400M

2:35pm Women’s 800M

Men’s 800M

2:50pm Women’s 400M LH

Men’s 400M IH

3:05pm Women’s 200M

Men’s 200M

3:15pm Women’s 3000M

Men’s 3000M

4:00pm Women’s 4 x 400M Relay

Men’s 4 x 400M Relay

## Battle of the Beaches Men's Meet Records (updated 3/5/11)

<u>Event</u>	<u>Name</u>	<u>School</u>	<u>Mark</u>	<u>Year</u>
<b>100M</b>	Justin Prevet	UNCW	10.74	2010
<b>200M</b>	Justin Prevet	UNCW	21.47	2011
<b>400M</b>	Chris Courson	UNCW	48.34	2008
<b>800M</b>	Will Zahorodny	UNCW	1:55.04	2009
<b>1500M</b>	Doug Currie	CCU	3:56.20	2006
<b>3000M</b>	Terah Kipchiris	CCU	8:47.04	2005
<b>110M H</b>	Jack Hutchison	CCU	14.25	2010
<b>400M H</b>	Tyrone Murphy	CCU	52.17	2008
<b>2000M SC</b>	John Heron	CCU	6:10.59	2007
<b>3000M SC</b>	Terah Kipchiris	CCU	9:13.17	2005
<b>4x100M R</b>	Lawson, Edlich, Frederick, Steed	CCU	41.20	2011
<b>4x400M R</b>		UNCW	3:14.92	2007
<b>4x800m R</b>	Tamer, Mittleman, Vanderham, Zahorodny	UNCW	7:40.82	2011
<b>DMR</b>		CCU	10:26.91	2007
<b>High Jump</b>	Jacques Watson	CCU	2.15m/7' 0.5"	2010
<b>Pole Vault</b>	Mark Johnson	CCU	5.29m/17' 4.25"	2008
<b>Long Jump</b>	Keith Graham	CCU	7.34m/24' 1"	2008
<b>Triple Jump</b>	Chad Phillips	CCU	14.36m/47' 1.5"	2010
<b>Shot Put</b>	Greg Jachym	UNCW	15.85m/52' 0"	2005
<b>Discus</b>	Chris Warning	CIT	51.68m/169' 7"	2011
<b>Hammer</b>	Galen Jones	CCU	60.95m/199' 11"	2008
<b>Javelin</b>	Thomas Jordan	CCU	68.33m/224' 2"	2006

### Team Results CCU v. UNCW (UNCW leads series 4-3):

2011	UNCW	113	CCU	93
2010	CCU	105	UNCW	103
2009	UNCW	110	CCU	100
2008	CCU	108.5	UNCW	96.5
2007	CCU	106	UNCW	104
2006	UNCW	104	CCU	102
2005	UNCW	105	CCU	98