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**Coastal Carolina University Invitational  
Hosted by Coastal Carolina University and the City of Myrtle Beach  
Friday & Saturday March 9-10, 2012  
Doug Shaw Memorial Stadium (Myrtle Beach, SC)**

**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 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 athletes that a team may enter in a running event, however **each team will be limited to entering a maximum of four athletes in all field events.**

**PAYMENT OF ENTRY FEES:** Make all checks payable to Coastal Carolina University Track and Field  
Payment in cash or check for teams is due by packet pick-up prior to meet.  
Mailing address for payment of entry fees: CCU Track & Field PO Box 261954, Conway SC 29528 Attn: Jeff Jacobs  
**NEW for 2012: All Unattached entries must prepay on-line at direct athletics by debit/credit card ONLY!**

**ENTRIES:**

**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 12:00 Noon Tuesday March 6, 2012**

A descending order list of accepted entries will be posted at [www.goccusports.com](http://www.goccusports.com) and emailed to all participating teams by 5:00pm Tuesday March 6, 2012. **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:** Scratch Deadline 12:00 Noon Wednesday March 7, 2012

Scratches and corrections only after 12:00 Noon Tuesday March 6, 2012 (**Email all scratches and corrections to [jjacobs@coastal.edu](mailto:jjacobs@coastal.edu)**)

**HEAT SHEETS:** Will be posted at [www.goccusports.com](http://www.goccusports.com) and emailed to all participating teams by 9pm Wednesday March 7, 2012 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' 3" (1.60m)  
Women's "B" PV - 9' 0.25" (2.75m), Women's "A" PV - 10' 11.75" (3.35m)  
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:

All running events will be 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 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. **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 30 minutes 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 near the clerking area. Results will be posted at [www.goccusports.com](http://www.goccusports.com) and [www.directathletics.com](http://www.directathletics.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 Paar, CCU Athletic Events Coordinator at 843-349-6576 or [bpaar@coastal.edu](mailto:bpaar@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:

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. 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 inquires should be directed to Dwayne Beam (843-349-2825) and email [dbeam@coastal.edu](mailto:dbeam@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 Tim Huber at 843-918-2278 or [thuber@cityofmyrtlebeach.com](mailto:thuber@cityofmyrtlebeach.com) or Laura Porth at 843-918-2284 or [lporth@cityofmyrtlebeach.com](mailto:lporth@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 9:00am on Friday March 9 through the end of competition and at 8:00am Saturday March 10. Packet pick-up is located just inside the participant entrance to the stadium. Entry fees are due at packet pick-up if have not already been received.

**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 with proceeds going to the Myrtle Beach Track & Field Club. Adults are \$5/day or \$10/meet, children and students with 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:**

Men’s Head Track Coach **Jeff Jacobs** at 843-349-2907, or email [jjacobs@coastal.edu](mailto:jjacobs@coastal.edu)

Women’s Head Track Coach **Alan Connie** at 843-349-2904, or email [aconnie@coastal.edu](mailto:aconnie@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 City Beach.
- Continue to follow Highway 17 North to **29<sup>th</sup> Avenue North** (Broadway at the Beach and 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.

**2012 Spring Break Doug Shaw Memorial Stadium “Open Practice Hours”**

<b>Day and Date</b>	<b><u>Times (venues)</u></b>
Sunday March 4	Closed
Monday March 5	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Tuesday March 6	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Wednesday March 7	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Thursday March 8	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Friday March 9	8am-3pm (Track only) Coastal Carolina University Invitational Running events start at 4:30pm M Hammer general warm-up starts at 9am W Javelin general warm-up starts at 10am Open Long Jump general warm-up at 11am
Saturday March 10	Coastal Carolina University Invitational
Sunday March 11	Closed
Monday March 12	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Tuesday March 13	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Wednesday March 14	8am-1pm (Track/Jumps/Jav/SP) 10am-1pm (Cage)
Thursday March 15	8am-11am (Track & Jumps) 8am-5pm (Throwing Cage/Javelin) Shot rings will be closed for practice during multi's Shamrock Inv Starts at 12:00pm
Friday March 16	Shamrock Invitational All-Day
Saturday March 17	Shamrock Invitational All-Day
Sunday March 18	Closed

**NOTE: Since both spring break meets are being held at Doug Shaw Memorial Stadium this year, 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.**

**Coastal Carolina University Invitational at Doug Shaw Memorial Stadium**  
**Friday March 9-Saturday March 10, 2012**  
**TENTATIVE EVENT SCHEDULE**

**Friday March 9**

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

**7:00am-9:00am** (M) Hammer  
**8:00am-10:00am** (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:**

<b>10:00am</b>	Hammer	Men followed by Women
<b>11:00am</b>	Javelin	Women followed by Men
<b>12:00pm</b>	Open Long Jump	Men and Women concurrent
<b>2:00pm</b>	Pole Vault	Women ("B" flight, followed by "A" Flight)
<b>3:00pm</b>	Inv. Long Jump	Men and Women concurrent (top 2 flights)

**TRACK EVENTS (Women followed by Men):**

**4:30pm** 100MHH/110mHH Shuttle Relay  
**5:00pm** 4x800m Relay  
**5:45pm** 4x200m Relay  
**6:00pm** 5,000 meters  
**7:30pm** 10,000 meters

**Saturday March 10**

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

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

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

<b>10:00am</b>	Discus	Men followed by Women
<b>10:00am</b>	Shot Put	Women followed by Men
<b>10:00am</b>	High Jump	Women (2 pits concurrent)
<b>11:00am</b>	Pole Vault	Men ("B" flight, followed by "A" Flight)
<b>1:00pm</b>	High Jump	Men (2 pits concurrent)
<b>2:30pm</b>	Triple Jump	Men and Women concurrent

**TRACK EVENTS (Women followed by Men):**

**10:00am** 3000m  
**11:00am** 4x100m relay  
**11:15am** 1500m  
**12:15pm** 100m HH/110m HH  
**1:00pm** 400m  
**1:45pm** 100m  
**2:30pm** 800m  
**3:30pm** 400m LH/400m IH  
**4:15pm** 200m (Will seed AFTER check-in)  
**5:00pm** 3000m SC  
**5:30pm** 4x400m R (Will seed AFTER check-in)