

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

**Thursday, March 19**

**FIELD EVENTS:**

**11:00am** Men's Hammer Throw (4 flights)

**MULTI EVENTS:**

**11:45am** Heptathlon 100mHH

**12:05pm** Decathlon 100m

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

Decathlon Long Jump one flight (30 minutes after conclusion of 100m)

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

Decathlon Shot Put one flight (30 minutes after conclusion of Long Jump)

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

Decathlon High Jump 2 pits if needed (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 (1 section)

**7:50pm** 10,000 Men (1 section)

**Friday, March 20**

**MULTI EVENTS:**

**9:30am** Decathlon 110mHH

**10:45am** Heptathlon Long Jump (2 pits)

Decathlon Discus 1 flight (30 minutes after conclusion of 110mHH)

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

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

Heptathlon 800m (30 minutes after conclusion of Javelin)

Decathlon Javelin 1 flight (30 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, 6 throws)

**1:00pm** Women's Hammer (3 flights, top 9 advance to finals)

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

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

**4:00pm** Women's Pole Vault (One flight, Opening height 2.95m/9' 8")

**5:00pm** Seeded Long Jump Men and Women (2 flights, top 9 go to finals)

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

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

**10:30am** 1 Mile Women (Open 2 sections)

**10:45am** 1 Mile Men (Open 2 Sections)

**11:00am** 400 meters Women (Open 4 sections)

**11:25am** 400 meters Men (Open 4 sections)

**11:45am** 800 meters Women (Open 3 sections)

**12:00pm** 800 meters Men (Open 4 sections)

**12:30pm** 400mLH Women (Open 2 sections)

**12:45pm** 400mIH Men (Open 4 sections)

**2:30pm** 100 meters Women's Trials (11 Heats, Top 8 Collegiate times qualify to Saturday final)

**3:10pm** 100 meters Men's Trials (10 Heats, Top 8 Collegiate times qualify to Sat. final)

**3:50pm** 4x800m Relay Women (2 Sections, 1 turn stagger, double waterfall)

**4:15pm** 4x800m relay Men (2 sections, 1 turn stagger, double waterfall)

**4:45pm** 4x200m relay Women (2 sections, 4 turn stagger, in lanes all the way)

**5:00pm** 4x200m relay Men (3 sections, 4 turn stagger, in lanes all the way)

**5:30pm** 100mHH Women's Trials (8 Heats, Top 8 Collegiate times qualify for Sat. final)

**5:55pm** 110mHH Men's Trials (6 Heats, Top 8 Collegiate times qualify for Sat final)

**6:15pm** 3,000 meters SC Women (1 section)

**6:30pm** 3,000 meters SC Men (2 Sections, Terah Kipchiris Memorial)

**7:05pm** 5,000 meters Women (2 Sections)

**7:50pm** 5,000 meters Men (2 sections)

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**Saturday, March 21**

**FIELD EVENTS**

**9:00am** Men's Discus (4 flights, top 9 to finals) followed by Women's Discus (4 flights, top 9 to finals)  
**9:00am** Open Long Jump Women (3 flights, top 9 to finals, pit closest to track)  
**9:00am** Open Long Jump Men (2 flights, top 9 to finals, pit closest to FB field)  
**10:00am** Women's Javelin (4 flights, top 9 to finals)  
**10:00am** Women's Shot Put (4 flights, top 9 to finals) followed by Men's Shot Put (4 flights, top 9 to finals)  
**11:00am** Open Men's High Jump (Opening height 1.78m/5'10")  
**1:00pm** Seeded Men's High Jump (Opening height 1.90m/6'2.75")  
**2:00pm** Men's Pole Vault (One flight, Opening height 3.95m/12'11.5")  
**2:30pm** Men's Triple Jump (3 flights, top 9 to finals, pit closest to FB field)  
**2:30pm** Women's Triple Jump (3 flights, top 9 to finals, pit closest to track)

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

**10:00am** 200 meters Women (Open 6 sections)  
**10:15am** 200meters Men (Open 5 sections)  
**10:30am** Seeded Mile Women (3 sections)  
**10:50am** Seeded Mile Men (3 sections)  
**11:15am** 4x100 meter relay Women (4 sections)  
**11:35am** 4x100 meter relay Men (3 sections)  
**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 (4 sections)  
**2:30pm** Seeded 400 meter IH Men (4 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 (3 sections)  
**4:25pm** 3000 meters Men (3 sections)  
**5:00pm** 4x400 meter relay Women (seed after check-in, MUST declare by 4:00pm!)  
**5:30pm** 4x400 meter relay Men (seed after check-in, MUST declare by 4:30pm!)

**Weigh-in Schedule:**

**Thursday March 19**

9:00am-10:00am (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/W) Discus/ (W/M) Shot Put/ (W) Javelin (PLEASE use this time to weigh-in for Saturday!)

**Saturday March 21**

7:00am-8:00am (M) Discus  
7:00am-9:00am (W) Javelin/ (W) Shot Put (W) Discus/ (M) Shot Put  
**All implements MUST be weighed-in by 9am ON SATURDAY!!!!**