



**2024 DIVISION III OUTDOOR  
TRACK & FIELD  
CHAMPIONSHIPS**  
*MYRTLE BEACH, SC • Coastal Carolina University  
and Myrtle Beach Regional Sports Alliance, Hosts*

# ***PARTICIPANT 2023-24 MANUAL***

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# INTRODUCTION

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In the event you are selected for the 2024 NCAA Division III Men's and Women's Outdoor Track and Field Championships, this participant manual will be helpful as a guide to the policies and procedures governing the administration and conduct of this championship event. You are responsible for also knowing the policies and procedures as outlined in the 2024 NCAA Division III Outdoor Track and Field Pre-Championships Manual, located on [ncaa.org](https://www.ncaa.org). Further, this official participant manual will provide specific information on hotel arrangements, travel, tickets and a schedule of events at the championships site. This annual event will occur May 23-35 in Myrtle Beach, South Carolina at Doug Shaw Memorial Stadium. Coastal Carolina University and Visit Myrtle Beach will serve as co-hosts.

## CHAMPIONSHIPS HISTORY (SINCE 1992)

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### Men's History

2023 Massachusetts Institute of Technology  
2022 University of Wisconsin, Eau Claire  
2021 Wartburg College (Iowa)  
2020 Canceled due to COVID-19  
2019 University of Wisconsin, Eau Claire  
2018 University of Mount Union  
2017 University of Wisconsin, La Crosse  
2016 University of Wisconsin, La Crosse  
2015 University of Wisconsin, La Crosse  
2014 University of Mount Union  
2013 University of Wisconsin, La Crosse  
2012 McMurry University (Texas)  
2011 North Central College  
2010 North Central College  
2009 University of Wisconsin, Oshkosh  
2008 McMurry University (Texas)  
2007 University of Wisconsin, La Crosse  
2006 University of Wisconsin, La Crosse  
2005 Lincoln University (Pennsylvania)  
2004 University of Wisconsin, La Crosse  
2003 University of Wisconsin, La Crosse  
2002 University of Wisconsin, La Crosse  
2001 University of Wisconsin, La Crosse  
2000 Lincoln University (Pennsylvania)/  
North Central College  
1999 Lincoln University (Pennsylvania)  
1998 North Central  
1997 University of Wisconsin, La Crosse  
1996 Lincoln University (Pennsylvania)  
1995 Lincoln University (Pennsylvania)  
1994 North Central College  
1993 University of Wisconsin, La Crosse  
1992 University of Wisconsin, La Crosse

### Women's History

2023 University of Wisconsin, La Crosse  
2022 Loras College  
2021 Loras College  
2020 Canceled due to COVID-19  
2019 Loras College  
2018 George Fox University/University of  
Massachusetts, Boston  
2017 Washington University in St. Louis  
2016 Illinois Wesleyan University  
2015 University of Wisconsin, La Crosse  
2014 Wartburg College (Iowa)  
2013 Wartburg College (Iowa)  
2012 Wartburg College (Iowa)  
2011 University of Wisconsin, Oshkosh  
2010 Illinois Wesleyan University  
2009 Wartburg College (Iowa)  
2008 Illinois Wesleyan University/  
University of Wisconsin, River Falls  
2007 University of Wisconsin, Oshkosh  
2006 University of Wisconsin, Oshkosh  
2005 Wartburg College (Iowa)  
2004 University of Wisconsin, Oshkosh  
2003 Wheaton College (Massachusetts)  
2002 Wheaton College (Massachusetts)  
2001 Wheaton College (Massachusetts)  
2000 Lincoln University (Pennsylvania)  
1999 Lincoln University (Pennsylvania)  
1998 Christopher Newport University  
1997 University of Wisconsin, Oshkosh  
1996 University of Wisconsin, Oshkosh  
1995 University of Wisconsin, Oshkosh  
1994 Christopher Newport University  
1993 Lincoln University (Pennsylvania)  
1992 Christopher Newport University

**DIVISION III MEN’S AND WOMEN’S TRACK AND FIELD  
COMMITTEE MEMBERS**

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<b><u>Region I / East</u></b>	<b><u>Region II / Mideast</u></b>
<p><b>Joel Williams</b> Head Cross Country/Track and Field Coach Tufts University Email: <a href="mailto:joel.williams@tufts.edu">joel.williams@tufts.edu</a></p>	<p><b>David Nicholson</b> Head Cross Country/Track and Field Coach Eastern Connecticut State University Email: <a href="mailto:nicholsond@easternct.edu">nicholsond@easternct.edu</a></p>
<b><u>Region III / Niagara</u></b>	<b><u>Region IV / Mid-Atlantic</u></b>
<p><b>Jackie Nicholson</b> Director of Athletics Rochester Institute of Technology Email: <a href="mailto:jknatl@rit.edu">jknatl@rit.edu</a></p>	<p><b>Jessica Cooper, chair</b> Director of Cross Country/Track and Field Grove City College Email: <a href="mailto:cooperjl@gcc.edu">cooperjl@gcc.edu</a></p>
<b><u>Region V / Metro</u></b>	<b><u>Region VI / Great Lakes</u></b>
<p><b>Jon D’Ottavio</b> Assistant Track and Field Coach Moravian University Email: <a href="mailto:dottavioj@moravian.edu">dottavioj@moravian.edu</a></p>	<p><b>Ayanna Tweedy</b> Director of Athletics Rose-Hulman Institute of Technology Email: <a href="mailto:tweedy@rose-hulman.edu">tweedy@rose-hulman.edu</a></p>
<b><u>Region VII / South</u></b>	<b><u>Region VIII / North</u></b>
<p><b>Jonathan Morrow</b> Head Coach Track and Field/Cross Country Marymount University (Virginia) Email: <a href="mailto:jmorrow@marymount.edu">jmorrow@marymount.edu</a></p>	<p><b>Josh Henry</b> Men’s Head Cross Country/Track and Field Carthage College Email: <a href="mailto:jhenry@carthage.edu">jhenry@carthage.edu</a></p>
<b><u>Region IX / Midwest</u></b>	<b><u>Region X / West</u></b>
<p><b>Denise Udelhofen</b> Director of Athletics Loras College Email: <a href="mailto:denise.udelhofen@loras.edu">denise.udelhofen@loras.edu</a></p>	<p><b>Lauren Brownrigg</b> Senior Associate Athletic Director/SWA Pacific University (Oregon) Email: <a href="mailto:brownrigg@pacifcu.edu">brownrigg@pacifcu.edu</a></p>
<b><u>Secretary Rules Editor</u></b>	<b><u>National Coordinator of Officials</u></b>
<p><b>Mark Kostek</b> Cell: 515-208-8300 Email: <a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></p>	<p><b>Milan Donley</b> Cell: 785-331-9911 Email: <a href="mailto:milandonley@gmail.com">milandonley@gmail.com</a></p>

**NCAA STAFF**

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<p><b>Laura Peterson-Mlynski</b> Director, Championships and Alliances Cell: 317-544-9245 Email: <a href="mailto:lpeterson@ncaa.org">lpeterson@ncaa.org</a></p>	<p><b>Margaret Gaines-Hornberger</b> Asst. Coordinator, Championships and Alliances Email: <a href="mailto:mgaines@ncaa.org">mgaines@ncaa.org</a></p>
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## HOST PERSONNEL

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<b>Meet Director</b>	Jeff Jacobs	843-231-5677	<a href="mailto:Jjacobs@cityofmyrtlebeach.com">Jjacobs@cityofmyrtlebeach.com</a>
<b>Marketing Director</b>	Jonathan Paris	617-365-5231	<a href="mailto:Jonathan.paris@visitmyrtlebeach.com">Jonathan.paris@visitmyrtlebeach.com</a>
<b>Facility Director</b>	Dustin Jordan	843-918-1187	<a href="mailto:Dustin.Jordan@cityofmyrtlebeach.com">Dustin.Jordan@cityofmyrtlebeach.com</a>
<b>Video Board Contact</b>	Flo Middleton	843-360-0843	<a href="mailto:fmiddleton@cityofmyrtlebeach.com">fmiddleton@cityofmyrtlebeach.com</a>
<b>Meet Operations</b>	Don Coons	843-213-7845	<a href="mailto:DonaldCoons@cityofmyrtlebeach.com">DonaldCoons@cityofmyrtlebeach.com</a>
<b>Event Manager</b>	Tim Huber	843-918-2278	<a href="mailto:THuber@cityofmyrtlebeach.com">THuber@cityofmyrtlebeach.com</a>
<b>Volunteer Coordinator</b>	Marco Mendoza	843-360-0306	<a href="mailto:Marco.Mendoza@cityofmyrtlebeach.com">Marco.Mendoza@cityofmyrtlebeach.com</a>
<b>Media Relations</b>	Erin Bowling	843-385-5641	<a href="mailto:eohagan@cityofmyrtlebeach.com">eohagan@cityofmyrtlebeach.com</a>
<b>Host Institution</b>	Dwayne Beam	843-997-3618	<a href="mailto:Dbeam@coastal.edu">Dbeam@coastal.edu</a>
<b>Medical Coordinator</b>	Barry Lippman	843-421-1772	<a href="mailto:blippman@coastal.edu">blippman@coastal.edu</a>

## CHAMPIONSHIPS WEBSITE

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The official championships website is located at the following link:

<https://www.visitmyrtlebeach.com/sports/ncaa-track-and-field>

Start lists and results will be available on this website. For information specific to coaches and administrators, please consult the Outdoor Track and Field Championship landing page on [ncaa.org](http://ncaa.org).

## CHAMPIONSHIP WEEK SCHEDULE

MONDAY, MAY 20		
TIME	EVENT	LOCATION
12pm	Virtual Coaches Meeting	Microsoft TEAMS
TUESDAY, MAY 21		
TIME	EVENT	LOCATION
12:30pm - 6pm	Athletic Training Open	Doug Shaw Memorial Stadium
2pm - 6pm	NCAA Merchandise on Sale	Doug Shaw Memorial Stadium
1pm - 6pm	Practice	Doug Shaw Memorial Stadium
1pm - 6pm	Fitness Center – limited weights and cardio equipment	Pepper Geddings Recreation Center
WEDNESDAY, MAY 22		
TIME	EVENT	LOCATION
10am – 5 pm	Fitness Center – limited weights and cardio equipment	Pepper Geddings Recreation Center
9:30am - 5pm	Athletic Training Open	Doug Shaw Memorial Stadium
10am - 4pm	NCAA Merchandise on Sale	Doug Shaw Memorial Stadium
10am - 5pm	Practice	Doug Shaw Memorial Stadium
2pm – 3:30pm	Packet Pick-Up	Pepper Geddings Recreation Center
10am - 5pm	Implement Weigh-In**	Doug Shaw Memorial Stadium
9:30am - 5pm	Athletic Training Open	Doug Shaw Memorial Stadium
6:30pm – 7:30pm	Banquet (meal served)	The Hangout (Broadway at the Beach) *
7:30pm – 8pm	Regional Awards Presentation	The Hangout (Broadway at the Beach) *

For the championships schedule of events, please see **Appendix A**.

\* The Hangout (Broadway at the Beach)  
1181 Celebrity Circle  
Myrtle Beach, SC 29577

\*\*Any implement may be weighed in and certified, however they will be impounded until competition\*\*

# BANQUET INFORMATION

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The student-athlete and coaches' banquet will be held Wednesday, May 22, from 6:00 pm to 8:00 pm at The Hangout (1181 Celebrity Circle, Myrtle Beach, SC 29577). When the doors open at 6:00 p.m. there will be open seating, orders will be taken, and meals will be served from 6:15 p.m. to 7:30 p.m.

During the Declaration Process on Direct Athletics, coaches must designate if their travel party will be attending the banquet. Those that have designated that they will be attending the banquet will have tickets included in the coaches' packets. Banquet tickets will be provided to each qualified institution based on the travel party as outlined below:

Qualified student-athletes	Non-Athletes
1-5	1
6-10	2
11-15	3
16+	4

Beginning at 1:00pm on Saturday May 18, any remaining tickets will be available for purchase on a first come – first served basis. These tickets can be purchased online at:

<https://yodelportal.com/myrtle-beach/Doug-Shaw-Memorial-Stadium>

Ticket price will be \$50.00.

**Appetizer:**

Chips, Salsa and Queso\* served at all tables.

**Beverages:**

Choice of Soda, Tea, plus Water

**Choice of Entrée:**

House Salad with Grilled Chicken  
Caesar Salad with Grilled Chicken  
Cobb Salad with Grilled Chicken\*  
Bama BBQ Burger with Fries  
Hang 10 Burger with Fries  
Pimento Cheeseburger with Fries

\*Gluten Free Options

**Desert:**

Cookies served at each table.



## CHECKLIST

Time	Item	Purpose	Submit to
<b>Thursday, May 16</b>			
11:59pm	Last submission of qualifying marks	Last day a qualifying mark may be made. Marks submitted after the deadline will not be eligible for qualifying.	Meet director must submit to TFRRS website
<b>Friday, May 17 Final descending-order lists posted by 9am and declaration forms open at this time.</b>			
1pm	Challenge period ends	Challenge qualifying marks listed on TFRRS.	Challenges must be submitted by email to Laura Peterson-Mlynski ( <a href="mailto:lpeterson@ncaa.org">lpeterson@ncaa.org</a> ) and Tylor Knickerbocker ( <a href="mailto:tylor@leonetiming.com">tylor@leonetiming.com</a> )
1pm	Declaration deadline	All student-athletes must be declared or scratched in every event in which they qualified at this time. <b><u>No action will automatically result in a scratch.</u></b>  A declaration is a firm commitment to compete in every declared event, unless a preference statement is filed during declarations to indicate a choice among several declared events.	Direct Athletics website <a href="http://www.directathletics.com">www.directathletics.com</a>
3pm	Late declaration deadline	Late declarations will be accepted from 1 to 3 p.m. A fine will be assessed.	Direct Athletics website <a href="http://www.directathletics.com">www.directathletics.com</a>
8pm	Final lists posted	The final list of meet participants will be available via the NCAA website by 8 p.m.	NCAA.com
<b>Monday, May 20</b>			
5pm	Medical credential requests	Deadline to receive medical credentials. (Available at packet pick-up)	Barry Lippman – 843-421-1772 email <a href="mailto:blippman@coastal.edu">blippman@coastal.edu</a>
6pm	Medical scratches	Any scratches must be reported	By phone and emailed to Tylor Knickerbocker ( <a href="mailto:tylor@leonetiming.com">tylor@leonetiming.com</a> ; 607-591-5964) and Laura Peterson-Mlynski ( <a href="mailto:lpeterson@ncaa.org">lpeterson@ncaa.org</a> )
<b>Tuesday, May 21</b>			
3pm	Media credential requests	Deadline to receive media/photo credentials	Erin Bowling - 843-385-5641 <a href="mailto:eohagan@cityofmyrtlebeach.com">eohagan@cityofmyrtlebeach.com</a>

Time	Item	Purpose	Submit to
5pm	NCAA Elite 90 nomination	Deadline for submitting nominations for the Elite 90 awards.	<a href="#">Online</a> (See Awards Section)
5pm	Championship meet start lists are posted	Start lists for the championship	NCAA.com and <a href="https://results.leonetiming.com/?mid=7114">https://results.leonetiming.com/?mid=7114</a>

## **CHAMPIONSHIPS FORMAT**

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### **DECLARATIONS**

All information regarding declarations is located in the [Pre-Championships Manual](#).

### **PROTEST AREA**

The protest room is in the Support Building on the southeast corner of Doug Shaw Memorial Stadium (see facility map in appendix D). Protests MUST be made in writing on the official protest form, which will be available at the protest table. The head coach must provide information about the alleged incident or problem, citing the NCAA rulebook. A protest must be filed no later than 15 minutes after the official results are posted. The protest will be in writing and submitted to the referee who will render a decision. All institutions involved in the protest will be notified of the protest and the decision. The referee's decision will be written on each copy of the protest. One copy will be returned to the protesting coach, and one will be placed in the committee's files. A \$100 deposit is required for all protests, which will be returned if the protest is successful in reversing the decision. The ruling and explanation will be posted along with the results of the event.

If the violation that is being protested was called by the referee, the protest will be referred directly to the jury of appeals for review. As part of the protest process, the decision of the referee may be appealed through the appointed jury of appeals, in writing, not later than 15 minutes after the decision of the referee has been announced. Any official evidence available to the referee may be reviewed. If such evidence is not conclusive, the decision of the referee will be upheld. No further appeal is available. The result of an appeal will be posted, and the affected coaches notified. A \$100 deposit is required for all appeals, which will be returned if the appeal is granted. The games committee will serve as the jury of appeals for the DIII outdoor track and field championships.

### **RESULTS**

Results will be posted on the result boards on the Support Building on the southeast corner of Doug Shaw Memorial Stadium (see facility map in appendix D). Spectators and coaches may also go online to [ncaa.com](http://ncaa.com) and <https://results.leonetiming.com/?mid=7114> to follow live results.

### **HEAT SHEETS**

Thursday's heat sheets will be available at packet pick-up. Friday and Saturday heat sheets will be available online.

# CHAMPIONSHIPS OPERATIONS

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## CHECK-IN AND CLERKING

The student-athlete clerking area for all events will be on Ashely Booth Field in the large white tent on the turf field. All student-athletes competing are required to check-in at the clerking area. Student athletes in the running events will be escorted to the staging tent at the track stadium's north end (see facility map in appendix D). Student-athletes in the field events will be escorted directly to the field event site. Line clerks will escort the student-athletes in running events from the staging tent to the starting line. A clerking schedule will be available at packet pick-up. All student-athletes MUST follow this procedure.

Student-athletes are required to bring their competition spikes and uniforms to the clerking area for inspection. Spike lengths will be checked. Student-athletes will not be allowed to change into their spikes until they are at the staging tent. All running events will leave their warm-ups in the bins at the staging tent. For all final rounds, warm-ups will be taken to the award tent on the infield.

All same-day, combined-event competitors must check in for their first event of the day in the clerking area. At this time, same-day, combined-event competitors will be provided the option of clerking/checking in for the individual's remaining events for that day.

## COACHES' BOXES

One coach per institution will receive an event-coded band to be placed visibly on their credential for access to the field-event coaches' box in which they have a student-athlete participating. Bands will be available during packet pick up on Wednesday.

## ELECTRONIC DEVICES

Coaches, student-athletes and officials will not use video or audio devices, radio transmitters or receivers, mobile phones, computers or any similar devices in the competition areas, except as authorized by the games committee.

Coaches are permitted to record their student-athletes during the competition from the coaches' box. In accordance with the rules change, it will not be considered assistance for athletes competing in field events to view images of previous trial(s), recorded on their behalf by individuals not placed in the competition area. The viewing device or images taken will not be taken into the competition area but may stay within the designated coaches' box.

## EQUIPMENT (STARTING BLOCKS, WEIGHTS AND BATONS)

All student-athletes will be required to use the blocks and batons as supplied by Gill and exclusive for this NCAA Championship. A limited number of throwing implements will also be supplied for use by competitors. Competitors may use their own throwing implements if they pass certification and weigh-in. The available implements are as follows:

### **Shot Put**

- 4K Perfect Balance Shot
- 4K Turned Iron Shot
- 16lb Perfect Balance
- 16lb Turned Iron Shot

### **Discus**

- 1k Mid-Spin discus
- 1k High-Spin discus
- 2k Mid-Spin discus
- 2k High-Spin discus

## Hammer

- 4kg Stainless Steel Hammer
- 16 lb. Stainless Steel Hammer

## Javelin

- 600g Javelin OTE
- 800g Javelin OTE

## Spikes

- Spikes can be a maximum length of ¼” inch pyramids. The only exception is that 9mm pyramid spikes may be used for the high jump and javelin. Trees, claws and pins are not allowed.

## EVALUATIONS

The NCAA will send an evaluation to coaches via email to provide to their participating student-athletes after the championships. A QR code for the survey will be included on the back of all student-athlete and coaching credentials. We ask that coaches and student-athletes complete the evaluation, as their input is a valuable resource to the continuing improvement of the championships.

## HOSPITALITY

Credentials are required.

### Student Athlete Hospitality Ashley Booth Field

Date	Time
Thursday, May 23	10 a.m. – 7 p.m.
Friday, May 24	11 a.m. – 7 p.m.
Saturday, May 25	12 p.m. – 7 p.m.

### Coaches Hospitality Tent adjacent to video board

Date	Time	Food
Thursday, May 23	1 pm to 3 pm	Lunch-TBD
	5 pm to 7 pm	Dinner-TBD
Friday, May 24	1 pm to 3 pm	Lunch-TBD
	5 pm to 7 pm	Dinner-TBD
Saturday, May 25	1 pm to 3 pm	Lunch-TBD
	5 pm to 7 pm	Dinner-TBD

## IMPLEMENT WEIGH-IN

Implement weigh-ins will take place in Track Equipment Building at the Southwest corner of Doug Shaw Memorial Stadium. There will be signage directing you to the weigh-in and clerking room for all throws events. Meet organizers will provide a limited supply of Gill implements for use by competitors not wishing to use their own implements or whose implements have not passed inspection. Student-athletes must present inspection implements at least two (2) hours before the event's scheduled start time. Competitors who require implements for practice after inspection should bring secondary implements as competition implements will be impounded and delivered to the venue in time for warm-ups. Equipment bags will be inspected at the clerks' table.

Student-athletes will not be allowed to have any implements in equipment bags taken to the competition venue. Implements not properly weighed in and certified are prohibited at the event site.

<b>Wed. May 22</b>	10 a.m.-5 p.m.	Implement weigh-in	Track Equipment Building
<b>Thurs. May 23</b>	8 a.m.-2 p.m.	Implement weigh-in	Track Equipment Building
<b>Fri. May 24</b>	8 a.m.-2 p.m.	Implement weigh-in	Track Equipment Building
<b>Sat. May 25</b>	8 a.m.-2 p.m.	Implement weigh-in	Track Equipment Building

## LOST AND FOUND

Lost and found will be in the information tent at the coaches and athletes' entrance.

## PACKET PICK-UP

Packet pick-up will be held Wednesday, May 22 from 2 to 3:30 p.m. in the Main Gym in Pepper Geddings Recreation Center. Please use the exterior entrance directly across the parking lot from Doug Shaw Memorial Stadium. (See directions in Appendix E) The following items are included in packet pick-up:

*Schedule of Events*  
*Heat Sheets*  
*Clerking Schedule*  
*Credentials*

*Student-Athlete Bibs and Pins*  
*Participant Medallions*  
*Coaches Box passes*  
*Student athlete and coach's gifts.*

**Student-athletes are NOT allowed in the packet pick-up area.**

Please contact Laura Peterson-Mlynski ([lpeterson@ncaa.org](mailto:lpeterson@ncaa.org); 317-544-9425) to make late packet pick-up arrangements.

## POLE VAULT STORAGE AND SHIPPING

**Please note all implements and poles can be shipped to the following address:**  
Attn: NCAA Track and Field Championships  
Don Coons 843-231-7845  
Pepper Geddings Recreation Center  
3205 N Oak St,  
Myrtle Beach, SC 29577

**IMPORTANT - PLEASE READ THE FOLLOWING BEFORE MAILING AN IMPLEMENT:** When mailing your implements or pole, also mail a bill of lading to the same address above (or include it with the package) so that we can mail your implements back to you immediately after the meet.

Pole vault poles, bags and tubes may be stored in the storage container next to the Track Equipment Building (See map in appendix D)

## **PROGRAMS**

Meet programs are located online at <http://www.ncaa.com/gameprograms>. You can view, save, or print the program directly from the website for free. Additionally, after the championships, there will be pages added to the program that include the winning teams' photos and a championships recap.

## **SPIKES**

Spikes can be a maximum of 1/4 inch on the track and 9mm for the javelin and high jump. Pyramid spikes are required. Trees, claws and pins are not allowed. Spikes will be checked at the clerking table.

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## **AWARDS**

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### **MEDALS AND TROPHIES**

Official NCAA awards will be presented to the top eight finishers in each event of the championships. Team trophies will be awarded to first through fourth place in each of the championships. In case of ties, the awards will be shipped after the championship by the NCAA office.

A team/individual may order additional awards, granted that it is an award they received during competition. A team/individual may not order awards they did not receive. Go to <http://services.mtmrecognition.com/ncaa/> to order additional awards.

### **MEDALLIONS**

Participation medallions will be provided during packet pick-up to all student-athletes (not including alternates) competing at the championships. Coaches will be notified if additional medallions are available at the end of packet pick-up.

### **STUDENT-ATHLETE PARTICIPANT AWARD**

Student-athletes advancing to the championships will receive a participant award (BirdieBox) on site at the championship. Participant awards will be given to the official travel party. Information to order additional Birdie Boxes will be included in the selections information sent on Friday, May 17. Contact Margaret Gaines ([mgaines@ncaa.org](mailto:mgaines@ncaa.org)) with any additional questions.

### **NCAA ACADEMIC RECOGNITION PROGRAM – ELITE 90**

The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the final site for each of the 90 NCAA championships. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. All ties are broken by number of credits completed. For more information regarding this program, please contact Mark Bedics at [elite90@ncaa.org](mailto:elite90@ncaa.org) or 317-917-6222. All documents, including eligibility, deadlines and nomination forms are located at:

<http://www.ncaa.org/about/resources/events/awards/elite-90-academic-recognition-award-program>.

**The nomination submission deadline for Division III outdoor track and field is 5 p.m. Eastern time, Monday, May 22.**

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## **COACHES' ADMINISTRATIVE MEETING**

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The coaches meeting will be held virtually on Monday, May 20 at 12 p.m. (noon) Eastern time.

The TEAMS meeting link may be accessed in the selections email sent Friday evening.

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## **CREDENTIALS - PARTICIPANTS**

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The following credentials will be distributed at packet pick-up:

1. Each student-athlete registered to compete will receive one (1) credential for access to the championships.
2. Each program will receive up to four (4) coach credentials per gender/program.
3. Each team with qualified relays will receive up to four (4) additional participant credentials to allow alternates access to the venue.
4. Each institution will be allowed one (1) additional pass per gender, per program if a medical trainer or physician is accompanying the team. Medical credentials will be administered by the host agency's sports medicine staff. (See Medical Credentials on page 18.)
5. Credentials are non-transferable. Any student-athlete, coach, administrator, media or athletic training personnel found giving or selling a credential to another person is subject to sanctions by the NCAA Division III Men's and Women's Track and Field and Cross Country Committee.
6. Coaches with field event student-athletes will receive a color-coded sticker available at packet pick-up which will denote which coaches' boxes they are allowed access to. Only coaches with the correct credentials and the listed event sticker will be allowed in the coaches' box. One coach per institution will be allowed in the coach's box.
7. Administrators may request a credential using the link sent in the selections information. Administrators should not request media/photography credentials.

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## **DRUG TESTING**

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NCAA championships committees, following a recommendation from the NCAA drug-testing subcommittee, have discontinued the practice of announcing whether drug testing will be conducted at NCAA championship events.

Although knowing prior to competition whether NCAA drug testing was to occur had value for reasons of convenience, it left open the possibility that student-athletes might be tempted to use banned substances if they knew that NCAA testing was not being conducted at the site of competition.

Therefore, all coaches and student-athletes should presume that NCAA drug testing will occur at this championship event. Please inform your student-athletes that in the event they are notified of their selection for drug testing, the student-athlete must inform an official representative of your institution (e.g., coach, athletic trainer) before proceeding to the drug-testing site. Student-athletes will be reminded by the courier to contact their team representative.

If drug testing were to occur, the following format would be followed:

**# Tested:** Division III – 96

**Test Plan:** Winner and random participant from individual events; winning team and one random from relay after student-athlete's last event of that day.

Please note, if NCAA drug testing does not occur during a championship round and/or a drug test is required outside of the standard championship protocol (e.g. national record, world junior record, etc.), the cost associated with such a drug test will be the responsibility of the tested student-athlete's institution.

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## COMPETITION SITE

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### FACILITY

See also **Appendix E** for a Doug Shaw Memorial Stadium map.

- **TRACK** – This is a 400-meter, eight-lane track, featuring eight 42” wide lanes on a full pour Beynon BS1000 texture. All races will use the Finish Lynx Automatic Timing System as primary and backup.
- **LONG AND TRIPLE JUMP** – Located inside the track oval, parallel to the back stretch.
  - Two parallel runways with pits at both north and south ends
  - Runways for long jump are marked to 150’
  - Long jump boards are located 8 feet to the pit.
  - Runways for triple jump: 145’ from 41’ board
  - Men’s triple jump boards at 36’ and 41’ to the pit; both composite.
  - Women’s triple jump boards: 32’ and 36’ to the pit both composite.
- **HIGH JUMP** – Located in the D ring (68’ x 185’) at the south end of the stadium.
  - Dual pit capability for combined events (east to west or west to east approach)
  - West/East or East/West approach for Open High Jump.
- **POLE VAULT** – Located in D ring at the north end of the stadium.
  - 4 total runways that run perpendicular to the track straightaways.
  - Capable of running concurrent competitions east to west or west to east
  - Runway lengths: 180’, 175’, 135’, 120’
- **SHOT PUT** – Located outside the main stadium behind the visitor’s stands.
  - 2 pits, Ring Surface: Brushed concrete, with crushed rock landing areas to 23m
  - Combined event flights will be run concurrently on both pits.



- Open competitions will be held on Pit 1, closest to stands.
- **HAMMER/DISCUS THROW** – Located outside the main stadium behind the visitor’s stands.
  - One recessed ring with brushed concrete surface and grass landing area to 80m
  - A ring insert will be used for the Hammer Throw
  - NCAA Gill Hammer/Discus Cage
- **JAVELIN**- Located right behind the visitor’s stands.
  - One Runway: 4m wide x 36.5m long
  - Surface: Beynon BS1000 with dedicated grass landing area to 80m

## TEAM PARKING AND ENTRANCES

Bus/Team parking will be in the lot located between Doug Shaw Memorial Stadium and Pepper Geddings Recreation Center (**Appendix E**). Student-athlete drop off will be at the entry plaza in front of Doug Shaw Memorial Stadium.

## WEIGHT ROOM HOURS

Pepper Geddings Recreation Center Fitness Room is available for student-athlete use during the event. The Fitness room has limited weights and cardio equipment. All users must present school ID or meet credential and sign a waiver at the front desk. Coaches must accompany their student-athletes for liability purposes. Coaches and student-athletes are not permitted inside the fitness room outside of the scheduled hours of use.

Fitness Room hours for student-athletes participating in the championship.

Tuesday 5/21	1pm to 6pm
Wednesday 5/22	10am to 5pm
Thursday 5/23	10am to 12pm
Friday 5/24	10am to 12pm
Saturday 5/25	10am to 12pm

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## MEDIA SERVICES

### CREDENTIALS – WORKING MEDIA

Anyone requesting media credentials must apply for them through the NCAA. To do so, go to the website <http://www.ncaa.com/media> and scroll down to the “Credential Application” portion of the appropriate event (NCAA Division III Outdoor Track and Field Championships). The City of Myrtle Beach and the NCAA will review all requests and approve accordingly. Contact Erin Bowling at [ehagan@cityofmyrtlebeach.com](mailto:ehagan@cityofmyrtlebeach.com) or 843-385-5641 with any questions. Sports information credential requests will be accepted until **5pm Eastern, Tuesday, May 21**. Media credentials may be obtained at the information tent at the coaches-athletes’ entrance at Doug Shaw Memorial Stadium, during competition hours from Thursday, May 23 through Saturday, May 25.

If you have media wishing to cover the event, please forward this information to the appropriate sportswriter or editor. Their requests must come on company letterhead. Media sending photographers

should make requests well before the championship date. Photographer access will be tightly controlled and limited to professional photographers who have applied for media credentials.

Meet information and history is currently available on the NCAA championship websites:

Men: <https://www.ncaa.com/sports/trackfield-outdoor-men/d3>

Women: <https://www.ncaa.com/sports/trackfield-outdoor-women/d3>

Links to the results will also be available at this address after the competition.

NCAA guidelines dictate that each institution competing in the championships is entitled to one credential for its sports information staff. The credentialed person **MUST** be an employee of the requesting institution. Each competing team's sports information director should request credentials through the host sports information director.

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## MEDICAL

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### MEDICAL CREDENTIALS

Athletic trainers or team physicians traveling with their student-athletes should contact Berry Lippman, Coastal Carolina University, Director of Athletic Training (see contact information below) to secure a team medical credential. This request must be made no later than 5 p.m. Eastern, Tuesday, May 21 to Barry Lippman [blippman@coastal.edu](mailto:blippman@coastal.edu) Upon arrival, the AT or MD must present a photo ID at packet pickup to receive their credential. Per NCAA regulations, this credential will allow access to any of our athletic training facilities and into the competition area only under the following conditions:

1. Your credential is visible.
2. Your student-athlete is injured.

If your team is traveling without an athletic trainer or physician, please provide the necessary supplies and documentation. A letter from an AT or MD detailing treatment parameters will be needed for any modalities other than ice-related treatments. Each team is expected to bring a fully stocked medical kit with emergency contact and insurance information. **Additionally, if your student-athlete requires specific treatment before practice or competition or post-competition, please contact the host medical staff well in advance of the championships so they can try and accommodate your needs.**

### MEDICAL FACILITIES

There are several areas that credentialed student-athletes and credentialed team medical personnel will have access to before, during and following the championships.

1. **Athletic Training Area.** The athletic training area for this event will be a medical tent at the track's north end. The Athletic Training Area will be supplied with electrical stimulation, hot packs, ice, along with other general and wound care supplies. Written permission from your institution's athletic trainer will be required in advance for use of modalities.
  - a. The main athletic training area will open two hours prior to the first event of the day and will remain open until approximately one hour after the final event has been completed.
  - b. Athletic trainers will be available during all practice times.
  - c. If you have any special needs or requests, please notify the host athletic trainer and all efforts will be made to accommodate your request.
  - d. Along with the athletic trainers, a sports medicine and/or orthopedic will be on call for the duration of the event. If necessary, an orthopedic physician's office is four (4) miles away.

2. **Cold baths/tubs** will be provided.
3. **Hydration.** There will be numerous hydration stations throughout the track complex. Both water and PowerAde will be available, and cups will also be provided.

### **ATHLETIC TRAINING SERVICES HOURS**

\*Closing times may vary depending on the meet and the progression of the day.

<b>Location</b>	<b>21-May</b>	<b>22-May</b>	<b>23-May</b>	<b>24-May</b>	<b>25-May</b>
Track	12:30-6pm	9:30am-5pm	9am-10:30pm	10am-7:45pm	11am-9pm

### **HOSPITAL INFORMATION/DIRECTIONS**

In case of an emergency, EMS and the Coastal Carolina University athletic trainers will be available. Coastal Carolina University Sports Medicine will provide any emergency needs throughout the championships. Directions to the hospital have been provided in this manual from the stadium.

#### **Medical Emergency Contacts**

Barry Lippman, Coastal Carolina University Director of Athletic Training – 843-421-1772 cell phone, email [blippman@coastal.edu](mailto:blippman@coastal.edu)

#### **Emergency Equipment**

Supplies on-site include - AED and first aid kit.

Urgent care and hospital information is provided below. City of Myrtle Beach Fire Department will be on site to assist in an emergency.

If there are any injuries needing medical attention, the following medical centers' information is provided.

#### **Care Now Urgent Care**

<https://www.clockwisemd.com/hospitals/11921/visits/new> Open Daily 8am-8pm  
2510 N Kings Hwy, Myrtle Beach, SC 29577 (843) 626-2273

#### **Doctor's Care-Strand**

<https://doctorscare.com/Strand/> Open Daily 8am-8pm  
1221 21st Ave N, Myrtle Beach, SC 29577 (843) 626-9379

#### **Grand Strand Medical Center-24 Hour Emergency Room**

809 82nd Pkwy, Myrtle Beach, SC 29572 (843) 692-1000  
<https://mygrandstrandhealth.com/>

### **MEDICAL DISQUALIFICATION**

As the event sponsor, the NCAA has valid authority to ensure that all student-athletes are physically fit and able to participate in its championships. This includes that a student-athlete's participation will not expose other participants to a significantly enhanced risk of harm.

The student-athlete's team physician can determine whether an individual with an injury, illness, or other medical condition should be able to continue to participate or be disqualified. In the absence of a team physician, the NCAA championships physician, as designated by the host school, has the unchallengeable authority to examine the student-athlete and make a decision regarding continued participation or medical disqualification.

If, in the opinion of the tournament physician, continued participation by the injured student-athlete may expose others to a significantly enhanced risk of harm, the tournament physician has the final decision regarding participation by the student-athlete. The chair of the governing sports committee (or a designated representative) should be responsible for administrative enforcement of the medical judgment, if it involves disqualification.

Please refer all medical and athletic training related questions to the medical coordinator.

## **CONTACT INFORMATION**

### **Medical Coordinator**

Barry Lippman, MS, ATC  
Head Athletic Trainer  
Coastal Carolina University  
e: [blippman@coastal.edu](mailto:blippman@coastal.edu) o: 843-349-2887 c: 843-421-1772

### **Sports Medicine Staff**

Certified athletic trainers will be available during all competition times.

### **Team Physicians**

A sports medicine and/or orthopedic physician will be on call for the duration of the event. If necessary, the orthopedic physician's office is four (4) miles away located at 210 Village Center Blvd, Myrtle Beach, South Carolina 29579.

### **Emergency Numbers**

- 9-1-1 or City of Myrtle Beach Police (843) 918-1382

## **MERCHANDISE**

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NCAA merchandise will be available for sale underneath the grandstand in Doug Shaw Memorial Stadium:

Tuesday, May 21:	2 - 6 pm
Wednesday, May 22:	10 am-4 pm
Thursday, May 23:	11 am-7 pm
Friday, May 24:	11 am-7 pm
Saturday, May 25:	12 pm-7 pm (may close earlier, if merchandise is sold out)

## **PARTICIPANT EXPECTATIONS AND GUIDELINES**

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### **MISCONDUCT**

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics. Each games

committee will hold an administrative meeting with the coaches of participating institutions to review and explain the policies related to misconduct.

### **FAILURE TO ADHERE TO POLICIES AND PROCEDURES**

A governing sports committee may assess a financial penalty against an institution for failure of any of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes, but is not limited to, failure to comply with the procedures and deadlines for submitting scores, score sheets, schedules, rosters and entry/march-in forms for qualification and other materials necessary for the efficient administration of the competition.

## **PRACTICE SCHEDULE AND FACILITY HOURS**

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### **STADIUM HOURS/PRACTICE SCHEDULE**

Practice on the competition track/field event venues will be available from 1 p.m. to 6 p.m. Tuesday, May 21 and 10 a.m. to 5 p.m. Wednesday, May 22. The track will also be open from 8 a.m. to 10 a.m. Thursday through Saturday. Please see below for available times for field event practice.

Event	Tuesday	Wednesday	Thursday	Friday	Saturday
Pole Vault	1pm-6pm	10am-5pm	8am-9am	No Practice	No Practice
High Jump	1pm-6pm	10am-5pm	No Practice	No Practice	No Practice
Long/Triple Jump	1pm-6pm	10am-5pm	No Practice	No Practice	No Practice
Shot Put	1pm-6pm	10am-5pm	8am-9:30am	No Practice	No Practice
Javelin	1pm-6pm	10am-5pm	No Practice	No Practice	No Practice
Discus	1pm-3:30pm	10am-1pm	No Practice	No Practice	No Practice
Hammer	3:30pm-6pm	1pm-5pm	8am-9:30 am	8am-9:30 am	No Practice
Track	1pm-6pm	10am-5pm	8am-10am	8am-10am	8am-10am

### ***Warm-Up Area (Ashley Booth Field)***

A full-size turf field adjacent to Doug Shaw Memorial Stadium will be available for practice during the entire championships on Ashley Booth Field. Only credentialed coaches, staff and athletes will be allowed in this area. Hydration and shade tents will be available. Hurdles and blocks will be provided for participant use. No throwing implements may be used on Ashley Booth Field. Under no circumstances may an individual or team use their own starting blocks during competition. Starting blocks will be provided by Gill.

## **SEATING AREAS**

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Spectator seating will be available in the main and visitor's grandstands of Doug Shaw Memorial Stadium. Additional temporary seating will also be available at all throwing venues just outside the main stadium.

## **TICKETS**

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Only members of the official travel party receive credentials and are admitted free of charge. Other coaches/administrators and alternates must purchase tickets for access to the facility on the days of competition. Ticket booth will be open each competition day per the schedule below. **CREDIT CARD ONLY; NO CASH SALES. - QR codes will be provided to purchase tickets online.**

Doug Shaw Memorial Stadium and all competition venues will open to spectators 60 minutes prior to the beginning of competition each day:

- Thursday, May 23, at 11am - 9pm.
- Friday, May 24 at 11am - 7pm
- Saturday, May 25 at 12pm - 7pm

Tickets are also available for purchase online prior to the meet by clicking the link provided below. Pre-sale tickets purchased online will be sent via email or text and can be scanned from your phone or printed out to be scanned at the venue.

<https://yodelportal.com/myrtle-beach/Doug-Shaw-Memorial-Stadium>

Tickets will be scanned at the entry plaza at Doug Shaw Memorial Stadium. Once tickets have been scanned, spectators will receive a wristband each day for entry.

**Single Session Tickets**  
Students & Seniors- \$10  
Adult - \$15

**All Session Tickets (Thu, Fri, & Sat)**  
Students & Seniors - \$25  
Adult - \$35

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## TRAVEL AND ACCOMMODATIONS

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### TRANSPORTATION

**TRAVEL PARTY** - Please refer to the NCAA travel policies for all information regarding transportation and per diem expenses. Travel policies can be found online [here](#). Please reference Appendix A of the travel policies for reimbursable travel party numbers.

Please reference the NCAA travel policies as the NCAA travel policy is updated annually [here](#), and the travel policies supersede all other documents.

### **TRAVEL INFORMATION**

#### Air Travel

Based on the travel policies, if you are eligible for a flight, please contact Short's Travel Management at 866-655-9215 as soon as possible to arrange your air travel. At any time prior to selection announcements you may access the travel portal at [www.shortstravel.com/ncaachamps](http://www.shortstravel.com/ncaachamps) to update your team contact information, travel party roster, equipment manifest and any preferences. Entering this information prior to selections will help expedite the travel booking process required to issue tickets.

Your institution user ID and password login credentials, for the Short's Portal, were emailed to the university director of athletics prior to Spring 2023 championships. If you still need assistance with your Short's Portal user ID and password, please email [ncaaalo@shortstravel.com](mailto:ncaaalo@shortstravel.com) or [travel@ncaa.org](mailto:travel@ncaa.org).

#### Ground Travel

Individual sports will be reimbursed a mileage rate per person per mile in accordance with the NCAA travel policy. Individual sports who wish to drive instead of fly will be reimbursed mileage up to the cost of a commercial flight (quote to be obtained from Short's Travel).

### Travel Expense System

Per diem will be provided for an official travel party. Please reference the NCAA travel policies for all information regarding transportation and per diem reimbursement. Per diem and other eligible expenses will be reimbursed through the Travel Expense System (TES). Please go to [www.travel.ncaa.org](http://www.travel.ncaa.org) to file for reimbursement or request a travel exception. Registration with an institutional email address is required to access TES through NCAA My Apps. The NCAA travel department may be reached at 317-917-6757, or by email at [travel@ncaa.org](mailto:travel@ncaa.org).

The NCAA Championships Travel policies may be found online.

Please reference the NCAA travel policies as the NCAA travel policy is updated annually [here](#), and the travel policies supersede all other documents.

### LODGING

Visit Myrtle Beach: <https://www.visitmyrtlebeach.com/things-to-do>

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## UNIFORMS

### BIBS

Competition bibs for each participating student-athlete will be included in each team's packet along with eight safety pins per competitor. Bibs must be worn on the front and the back of the uniform jersey during competition. Field event competitors must wear their name bib on the front or back of the uniform jersey during the competition.

### HIP NUMBERS

Hip numbers will be provided for all races. For student-athletes competing in races not finishing in lanes (800m and up), three numbers will be given to each student-athlete. The third number should be on the left chest. For relays, all runners will receive numbers.

### UNIFORMS

When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disciplinary action. Wearing any part of the official team competition uniform illegally (that is, top off or intentionally shortened, shoulder straps lowered) while in the area of competition will lead to a warning by the nearest official and a report of uncorrected violations will be made to the games committee, referee and offending competitor's coach.

1. On any single day of competition, all team members must wear uniforms clearly indicating through color, logo and combination of all outer garments worn as a uniform, that they are the same team.
  - a. Teams may change uniform colors from one day to another for multiple day meets.
  - b. Men's and women's programs are considered separate teams and are not required to have uniforms of identical color.
2. A uniform consists of two school-issued components – shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (that is, sweatpants, tights) that is school issued becomes the official uniform, when worn.
  - a. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.

- b. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for the competitors' numbers to be placed above the waist, front and back.
- c. Uniform tops must be worn so as not to obscure hip numbers.
- d. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.
- e. All relay and cross country team members must wear uniforms clearly indicating, through color, logo and combination of all outer garments worn as a uniform, that members are from the same team.
- f. Other visible garments useful in team recognition (that is, T-shirts, arm warmers, tights of any length, legwarmers, each taken separately) worn by team members must be of an identical solid color. This does not apply to items of apparel above the shoulder or those covering the hands/feet.

3. Competitors will not use or wear artificial noisemakers.

*Note 1: Individual or team uniform, logo, number and shoe rules will be enforced through inspection by the clerk or the head field event official at initial event check-in. Violators will be warned, given the chance to correct the violation and reported as provided in the rule.*

*Note 2: Clothing defined as an 'undergarment' does not include items commonly defined as 'underwear'.*

*Note 3: The effect of this rule is that no imagination will be required to justify a clear sense of belonging to a team.*

## **LOGO POLICY**

An institution's official uniform and all other items of apparel (e.g. team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer or distributor's normal trademark, not to exceed 2¼ square inches, including any additional material (e.g. patch surrounding the normal trademark or logo). The logo or trademark must be contained within a four-sided geometric figure (i.e., rectangle, square, parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo of an apparel manufacturer or distributor. This restriction will not include logos that identify the student-athlete's institution or conference.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including pre-meet or post-meet activities.

**\*IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE REFERENCE THE FOLLOWING: [Bylaw 12.5.3 in the NCAA Division III Manual and Rule 4-3 in 2023 and 2024 NCAA Cross Country/Track and Field Rules.**



# APPENDIX A – SCHEDULE OF EVENTS

ALL TIMES ARE APPROXIMATE AND IN EASTERN TIME



THURSDAY - MENS DECATHLON		
Time	Event	Description
12:00 PM	100 Meter	Decathlon
12:45 PM	Long Jump (2 pits)	Men
1:55 PM	Shot Put (2 circles)	Men
~2:45 PM	High Jump (2 pits)	Men
4:40 PM	400 Meter	Decathlon

THURSDAY - WOMENS HEPTATHLON		
Time	Event	Description
12:30 PM	100 m Hurdles	Women
~1:15 PM	High Jump (2 pits)	Women
~3:10 PM	Shot Put (2 circles)	Women
4:30 PM	200 Meter	Women

THURSDAY - FIELD EVENTS		
Time	Event	Description
11:00 AM	Discus	Men Prelim & Finals
11:00 AM	Javelin	Women Prelim & Finals
12:00 PM	Pole Vault	Women Final
2:30 PM	Long Jump	Men Prelim & Finals
3:00 PM	Discus	Women Prelim & Finals
3:00 PM	Javelin	Men Prelim & Finals
4:00 PM	Pole Vault	Men Final
5:30 PM	Long Jump	Women Prelim & Finals

THURSDAY - TRACK EVENTS		
Time	Event	Description
(11:30 AM)	(100 Meter)	(Men) (Decathlon)
(4:40 PM)	(200 Meter)	(Women) (Heptathlon)
(4:50 PM)	(400 Meter)	(Men) (Decathlon)
5:15 PM	4x100 M Relay	Women Prelims
5:25 PM	4x100 M Relay	Men Prelims
5:35 PM	1500 Meter	Women Prelims
5:50 PM	1500 Meter	Men Prelims
6:10 PM	400 M Hurdles	Women Prelims
6:25 PM	400 M Hurdles	Men Prelims
6:40 PM	200 Meter	Women Prelims
6:55 PM	200 Meter	Men Prelims
7:10 PM	3000 M Steeple Chase	Women Prelims
7:35 PM	3000 M Steeple Chase	Men Prelims
8:00 PM	4x400 M Relay	Women Prelims
8:15 PM	4x400 M Relay	Men Prelims
8:30 PM	10,000 Meter	Women Final
9:15 PM	10,000 Meter	Men Final

FRIDAY - MENS DECATHLON		
Time	Event	Description
12:00 PM	110 M Hurdles	Men
~12:45 PM	Discus	Men
~2:00 PM	Pole Vault (2 pits)	Men
~4:45 PM	Javelin	Men
6:30 PM	1500 Meter	Men

FRIDAY - WOMENS HEPTATHLON		
Time	Event	Description
1:30 PM	Long Jump (2 pits)	Women
~2:15 PM	Javelin	Women
4:45 PM	800 Meter	Women

FRIDAY - FIELD EVENTS		
Time	Event	Description
1:30 PM	High Jump	Women Final
1:30 PM	Shot Put	Men Prelims & Finals
4:00 PM	High Jump	Men Final
4:00 PM	Shot Put	Women Prelims & Finals

FRIDAY - TRACK EVENTS		
Time	Event	Description
(12:00 PM)	(110 M Hurdles)	(Men) (Decathlon)
4:05 PM	National Anthem	
4:10 PM	100 M Hurdles	Women Prelims
4:30 PM	110 M Hurdles	Men Prelims
(4:45 PM)	(800 Meter)	(Women) (Heptathlon)
5:00 PM	400 Meter	Women Prelims
5:15 PM	400 Meter	Men Prelims
5:50 PM	100 Meter	Women Prelims
5:45 PM	100 Meter	Men Prelims
6:00 PM	800 Meter	Women Prelims
6:15 PM	800 Meter	Men Prelims
(6:30 PM)	(1500 Meter)	(Men) (Decathlon)
7:00 PM	3000 M Steeplechase	Women Final
7:15 PM	3000 M Steeplechase	Men Final

SATURDAY - FIELD EVENTS		
Time	Event	Description
1:00 PM	Hammer	Women Prelims & Finals
1:00 PM	Triple Jump	Men Prelims & Finals
3:45 PM	Hammer	Men Prelims & Finals
3:45 PM	Triple Jump	Women Prelims & Finals

SATURDAY - TRACK EVENTS		
Time	Event	Description
4:00 PM	National Anthem	
4:05 PM	4x100 M Relay	Women Final
4:15 PM	4x100 M Relay	Men Final
4:25 PM	1500 Meter	Women Final
4:35 PM	1500 Meter	Men Final
4:50 PM	100 M Hurdles	Women Final
5:00 PM	110 M Hurdles	Men Final
5:10 PM	400 Meter	Women Final
5:20 PM	400 Meter	Men Final
5:30 PM	100 Meter	Women Final
5:40 PM	100 Meter	Men Final
5:50 PM	800 Meter	Women Final
6:00 PM	800 Meter	Men Final
6:15 PM	400 M Hurdles	Women Final
6:25 PM	400 M Hurdles	Men Final
6:40 PM	200 Meter	Women Final
6:50 PM	200 Meter	Men Final
7:00 PM	5000 Meter	Women Final
7:25 PM	5000 Meter	Men Final
7:50 PM	4x400 M Relay	Women Final
8:00 PM	4x400 M Relay	Men Final

# APPENDIX B – STUDENT-ATHLETE INJURY REPORT

## Track and Field Championships

Host Medical Form

Venue: _____	Host Institution: _____	
Name: _____	Time: _____ AM/PM	Date: _____
Address: _____		
Sport: _____	Position: _____	Age: ____ Male Female
Medical Insurance: Yes / No	Company: _____	Policy #: _____
Team: _____	Contact Person: _____	Contact #: _____

Injured Area: Left / Right  New Injury: Yes / No  Comp / Practice / Warm-up / Non-Athletic

Continued Participation Recommendation? Yes / No

Incident Description:  
\_\_\_\_\_  
\_\_\_\_\_

History: \_\_\_\_\_  
\_\_\_\_\_

Physical Exam:

Diagnosis:  
\_\_\_\_\_

Disposition:	Comments (NCAA staff notification for disqualifications): <input type="button" value="v"/>
<input type="checkbox"/> Return to Competition	_____
<input type="checkbox"/> Disqualified from Competition	_____
<input type="checkbox"/> EMS/Ambulance Transport	_____
<input type="checkbox"/> Released to Parent	_____
<input type="checkbox"/> Released to Institutional Representative	_____
<input type="checkbox"/> Refusal of Care	_____
_____ Host Certified Athletic Trainer (if applicable)	_____
_____ Team Medical Staff (if applicable)	_____ Host Physician Signature

## APPENDIX C – IMPLEMENT SHIPPING DIRECTIONS

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All implements may be shipped directly to Pepper Geddings Recreation Center. Please fill out your contact information and place the bottom half of this sheet on the outside of the shipping box or pole bag. Contact Don Coons ([donaldcoons@cityofmyrtlebeach.com](mailto:donaldcoons@cityofmyrtlebeach.com); 843-213-7845) if you have any questions.

**Ship to:** Attn: NCAA Track and Field Championships  
Pepper Geddings Recreation Center  
3205 N. Oak Street  
Myrtle Beach, SC 29577

**Please print clearly or type information below and attach to shipping box or pole bag.**



**Institution**

**Coach's Name**

**Email Address**

**Phone Number**

*Check all that apply for each package (include quantity)*

**Men's Pole Vault (#)** \_\_\_\_\_

**Women's Pole Vault (#)** \_\_\_\_\_

**Men's Shot (#)** \_\_\_\_\_

**Women's Shot (#)** \_\_\_\_\_

**Men's Hammer (#)** \_\_\_\_\_

**Women's Hammer (#)** \_\_\_\_\_

**Men's Disc (#)** \_\_\_\_\_

**Women's Disc (#)** \_\_\_\_\_

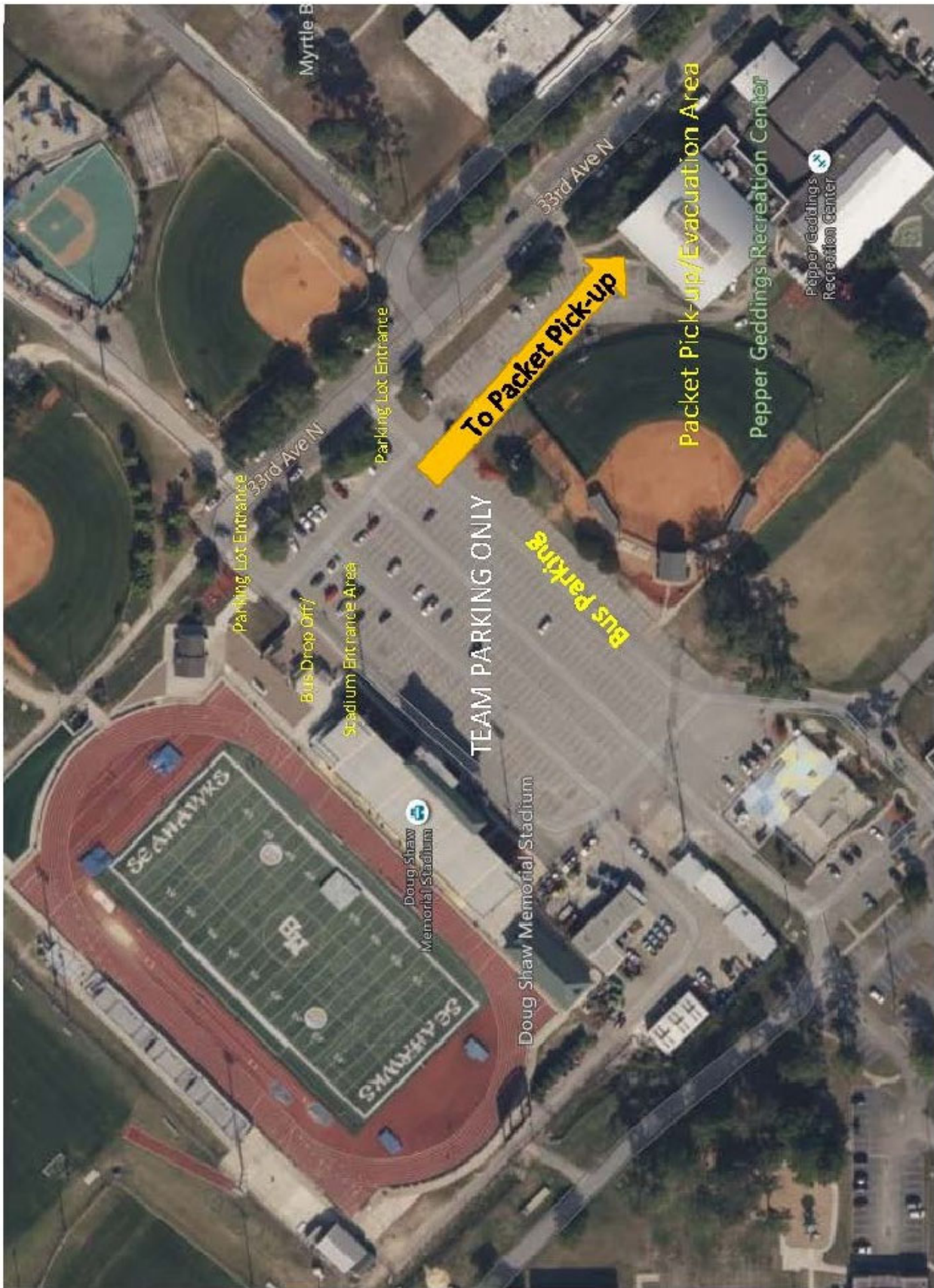
# APPENDIX D – FACILITY MAPS

## Doug Shaw Memorial Stadium



## APPENDIX E – PARKING MAP

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**APPENDIX F - DINING**

Concessions will be available during competition hours inside the stadium.

Locations to eat - <https://www.visitmyrtlebeach.com/restaurants>

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## APPENDIX G - DIRECTIONS

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### **Doug Shaw Memorial Stadium - Competition Site Address**

705 33rd Ave N, Myrtle Beach, SC 29577

#### **By Car**

From I-95 North, exit 181A, Take SC 38 East (29 miles) to Hwy 501 South (56 miles) to US 17 North (2 miles) make a right on 29<sup>th</sup> Ave North, Turn Left on North Oak Street, Turn Left on 33rd Ave North

From I-20 (Via Columbia, SC), exit 141A to merge onto I-95 N toward Fayetteville, take exit 170 to merge onto SC-327 S, Get on SC-22 E in Horry County from State Rd S-21-24, US-76 E and S Hwy 501 S, Exit onto SC 31S, from SC-22, Exit Robert Grissom Parkway, Left on 38th Ave North, Right on North Oak Street, Right on 33rd Avenue North

From I-95 South, take exit 135 to merge onto US-378 E toward Turbeville, R on HWY 501 South, exit onto US 17N, right on 29th Avenue North, Left on North Oak Street, Left on 33rd Avenue North

#### **By Plane**

Fly into the Myrtle Beach International Airport, 1100 Jetport Rd, Myrtle Beach, SC 29577 (The airport code is MYR.)

Ground transportation (car rental, taxi) and rideshare pickup (Uber, Lyft) is available in front of the main terminal.

When you exit the airport, turn left onto Harrelson Boulevard

Turn Right on Robert Grissom Parkway

Turn Right on 29<sup>th</sup> Ave North

Turn Left on North Oak Street

Turn Left on 33<sup>rd</sup> Ave North