



Track & Field Spring Training

Doug Shaw Memorial Stadium

April 2-13, 2012



Track Facts

NCAA & NFHS Certified 400 Meter Facility

Full Pour Polyurethane Synthetic Surface with embedded Texture by Beynon Sport Surfaces

Radius: IAAF Standard of 36.8 meters / 120.735'

8 x 42 inch wide lanes

Sprint & Hurdles in both directions on Main Straight

North D-area (second turn):

-Steeplechase Water Jump

-2 Pole Vault Runways with boxes at each end

South D-area (first turn):

-2 High Jump Areas

Long/Triple Jump:

-Inside the Track Oval, parallel to Main Straight

-2 Parallel Runways with Sand Pits at each end

-Runways exceed NCAA min. 40m

All Throws Outside Track Oval:

-Javelin Runway is Full NCAA (4m x 36.5m) with same synthetic surface as track

-Hammer/Discus Cage with 1 Recessed Circle

-Separate Landing Areas for JV and HM/DS

-2 Shot Put Circles with Rock Dust Landing Area

WELCOME TO THE BEACH!

Many area businesses and attractions will be offering special deals for high school athletes and teams.

Be sure to pick up your welcome packet when you arrive at the Stadium!

RESERVATION POLICY

The track at Doug Shaw Memorial Stadium is open Monday through Saturday for public use. During our Spring Break Training Period we invite teams to utilize the track, throwing areas, high jump and pole vault areas between the hours of 8am and 3pm. In addition, the adjacent 'Pepper' Geddings Recreation Center operates a weight room which may also be scheduled for training by reservation.

A fee of \$1 per athlete per day is required and users must be at least age 14 to access the weight room.

During the Spring Break Training Period there are no Stadium fees required. However we do ask that you reserve time so we may track usage. Teams with lodging within the City limits of Myrtle Beach are given preference in regards to weight room training times.

To check availability and to reserve a time, contact:

Tim Huber
thuber@cityofmyrtlebeach.com
or 843-918-2278

Or

Laura Porth
lporth@cityofmyrtlebeach.com
or 843-918-2284

April 2012

Sun: 1st Closed
8th Happy Easter

Mon: 2nd 8am - 3pm
9th 8am - 3pm

Tue: 3rd 8am - 3pm
10th 8am - 3pm

Wed: 4th 8am - 3pm
11th 8am - 3pm

Thu: 5th 8am - 3pm
12th 8am - 3pm

Fri: 6th 8am - 6pm
13th 8am - 3pm

Sat: 7th Beach Run Invitational
14th Taco Bell Classic (Columbia)

For information on the April 7 Beach Run Invitational and lodging information visit:

<http://www.beachruninvitational.com/>