



**Alan Connie Shamrock Invitational XX
Presented by Coach O
Hosted by Coastal Carolina University and
The City of Myrtle Beach
Thursday-Saturday March 17-19, 2016
Doug Shaw Memorial Stadium
Myrtle Beach, South Carolina**

Coastal Carolina University and The City of Myrtle Beach are proud to announce our partnership with Coach O for on-site Meet Management for our spring break meets held at Doug Shaw Memorial Stadium. Charles Oliver will be serving as Meet Director and all entries will be handled on-line at <http://www.directathletics.com>.

SHAMROCK INVITATIONAL MAYOR'S RELAY CUP: The City of Myrtle Beach Mayor, the honorable John Rhodes, will present an award cup to the top male and female collegiate institutions based on a cumulative score of all the relay events held at the 2016 Shamrock Invitational. All four relay events (4x100m, 4x200m, 4x400m, 4x800m) will each be scored 1st-8th place (10-8-6-5-4-3-2-1) and the male and female teams with highest total points will each take home the "Shamrock Invitational Mayor's Relay Cup". Note: Collegiate institutions can enter more than one team in any relay event; however only one team will count in the scoring of each relay event, also club and unattached relay teams will NOT count in the scoring or be eligible for the award.

MEET PHOTOGRAPHY by PRETTYSPORTY: Cheryl Treworgy, named 2010 Track and Field Writers of America Photographer of the Year, will be on-hand shooting all three days of competition. Please check www.prettysporty.com for photos of your athletes a few days after the conclusion of the meet.

FACILITY (Doug Shaw Memorial Stadium, Myrtle Beach, SC): Stadium Capacity (6,500) 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.

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 FEES: \$400.00 PER GENDER TEAM / \$800.00 MENS AND WOMENS TEAMS COMBINED Teams are defined as 14 or more entered athletes per gender. Unattached competitors or teams with less than 14 athletes are \$30.00 per individual. There is no limit on the number of events an athlete can be entered in, or the number of teams an institution may enter in a relay event; however each team will be limited to entering a maximum of four (4) athletes in all running and field events, and a maximum of three (3) athletes in the multi-events.

[CLICK HERE TO REGISTER](#) for this meet (entries should be open by February 1, 2016).

INTENT TO COMPETE: Click here to declare your intent to compete and put your team on invited team list: **2016 Myrtle Beach Spring Break Meet Registration.**

HOTEL: Make your hotel reservation: **[2016 Myrtle Beach Spring Break Meets Hotel Block.](#)**

PAYMENT OF ENTRY FEES, ALL entry fees MUST be prepaid. We will NOT be taking entry fees the day of the meet. If we do not receive your entry fee by the posted deadlines your entries will not be accepted into the meet. Entry fees should be mailed to Coach O at PO Box 82722, Kenmore, WA 98028. Make checks payable to Bags By Coach O. Must be received by March 15, 2016, 5:00 pm. All Unattached entries must prepay the entry fee. Online Entries will be handled at <http://www.directathletics.com>. (You must be on the invited team list to enter online.) **Entry Deadline is 5:00pm Tuesday March 15, 2016.** All Unattached entries must prepay their entry fee.

Online Entries will be handled at www.directathletics.com (You must be on the invited team list to enter online). Entry Deadline is 5:00pm Tuesday March 15, 2016. A descending order list of accepted entries will be posted at www.coacho.com and www.goccusports.com and emailed to all participating teams by 9:00pm Tuesday March 15, 2016.

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: After review of performance list please send any scratches and/or corrections to mjjacobs@coastal.edu by 12:00pm Wednesday March 16, 2016.

HEAT SHEETS: Will be posted at www.coacho.com and <http://www.goccusports.com> and emailed to all participating teams by 5pm Wednesday March 16, 2016 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 124’ 8” (38m), Women’s discus 111’ 6” (34m), Men’s Javelin 131’ 3” (40m), Women’s Javelin 98’ 5” (30m), Men’s Shot Put 42’ 8” (13m), Women’s Shot Put 36’ 1.25” (11m).

SEEDING/FORMAT: Qualifying rounds in running events will only be run for the 100m and 100mHH/110mHH. The top 8 fastest COLLEGIATE times in each event will qualify for the finals. All other running events will be run as 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. 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.

AMBER CAMPBELL INVITATIONAL WOMEN'S HAMMER: We will be holding an invitational section of the women's hammer in honor of 2012 Olympic Trials Champion, and 2x Olympian, Amber Campbell (Coastal Carolina alumnus ('04) and current volunteer coach) to start at 11:30am on Friday. Meet management will select the field and size for this single flight (3 preliminary throws, with the top 9 competitors advancing directly to a final flight for 3 more attempts). Additional flights of the women's hammer will follow seeded from shortest to longest (3 attempts each, followed by a final flight).

CHECK-IN: All athletes in the running events must check in with the clerk no later than (1) hour prior to the scheduled starting time for their event to get hip numbers. The running event clerk tent will be located on the FB practice field (warm- up area). **New for 2016 due to the large number of flights field event check in will be FLIGHT SPECIFIC athletes must be checked in only PRIOR to the start of their flight or they will be scratched from the event.** Field event check-in is at the field event site with the head official. Heat/flight 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: Live Results will be posted at www.adkinstrak.com. Paper Results will be posted on result board on the side of the main grandstand, next to the public entrance. Final Results will be posted at www.goccusports.com, www.directathletics.com, and www.coacho.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, please contact Bryan Stiles, CCU Athletic Events Coordinator at 843-349-5054 or bastiles@coastal.edu for availability at CCU.

SCHEDULE: Due to the anticipated size of the meet we are limiting the number of sections in running events on Saturday, OPEN sections will be run starting at 10:00am on Friday to accommodate entries beyond the number of seeded sections listed by event on the schedule for Saturday. See attached TENTATIVE time schedule. Please note schedule is tentative and may be modified due to weather or larger than expected entry. A FINAL Schedule with any revisions will be posted and emailed by 5pm on Wednesday March 16,

2016. We will not run any event ahead of the FINAL 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 (field events that are separated in “A” and “B” sections are treated as separate events, as will OPEN and SEEDED running event sections). 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 33rd 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.

MEDICAL: Medical and Athletic Training Room inquiries should be directed to Uriah Snoberger (843-421-9656) and email mushoberge@coastal.edu. Coastal Carolina University Athletic Trainers will be available on site during the competition.

WEIGH-INS: Athletes are expected to provide their own implements. Implements will be inspected and weighed for NCAA compliance prior to competition. Weigh-in for all implements will take place at the end of the javelin landing area.

Weigh-in Schedule:

Thursday March 17

9:00am-10:30am (M) Hammer

10:00am-11:30am All Multi-Event Implements

Friday March 18

10:00am-11:00am (W) Invitational Hammer 10:00am-12:30pm (W) Hammer

1:30pm-3:00pm (M) Javelin

4:00pm-6:00pm (M) Discus/ (W) Shot Put/ (W) Javelin (can weigh-in for Saturday!)

Saturday March 19

7:00am-8:30am (M) Discus 8:00am-9:30am (W) Javelin/ (W) Shot Put 10:00am-12:00pm (W) Discus/ (M) Shot Put

PRACTICE DURING SPRING BREAK: See attached schedule for “open” practice hours at Doug Shaw Memorial Stadium (Myrtle Beach). Please contact Jordan Simbeck at 843-918-2292 or mjsimbeck@cityofmyrtlebeach.com for access to weight training facilities at Pepper Geddings Recreation Center (corner of 33rd Ave North and Oak) or questions about practice at Doug Shaw Memorial Stadium.

PACKET PICK-UP: Packet pick-up will be open at 9:00am on Thursday March 17 and at 8:00am Friday March 18 through the close of competition on each day. Packet pick-up is located just inside the participant entrance to the stadium.

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. The cost for adults is \$6/day or \$12/meet. Children and students with school 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:

Charles Oliver

Meet Director

865-207-4868

coachotrack@gmail.com

Jeff Jacobs

Director of Men's & Women's Track & Field

843-349-2907

jjacobs@coastal.edu

2016 Spring Break Doug Shaw Memorial Stadium "Open Practice Hours"

Day and Date	Times (venues)
Sunday March 6	Closed
Monday March 7	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Tuesday March 8	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Wednesday March 9	8am-1pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Thursday March 10	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Friday March 11	8am-10am (Track only) Coastal Carolina University Invitational Shot Put Pits are available for practice Hammer/Javelin/Discus closed for practice
Saturday March 12	Coastal Carolina University Invitational
Sunday March 13	Closed
Monday March 14	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Tuesday March 15	8am-3pm (Track/Jumps/Javelin/SP) 10-3pm (Throwing Cage)
Wednesday March 16	8am-3pm (Track/Jumps/Javelin/SP) 10am-3pm (Cage)
Thursday March 17	8am-11am (Track & Jumps) 8am-5pm (Javelin) Shot rings will be closed for practice during multi's Hammer/Discus not available for practice
Friday March 18	Shamrock Invitational All-Day
Saturday March 19	Shamrock Invitational All-Day
Sunday March 20	Closed

Directions to Doug Shaw Stadium
705 33rd Ave N, Myrtle Beach, SC 29577

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 38th Avenue North. (There will be a McDonalds and CVS Drug Store at this intersection.)
- Turn LEFT onto 38th Avenue North and follow it to the 2nd Stop Light (Oak Street).
- Turn RIGHT on to Oak Street and follow it to 33rd Avenue North.
- Turn RIGHT on to 33rd 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 38th Avenue North.
- Turn LEFT onto 38th Avenue North and follow it to the 1st Stop Light (Oak Street).
- Turn RIGHT on to Oak Street and follow it to 33rd Avenue North.
- Turn RIGHT on to 33rd 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 29th Avenue North (Broadway at the Beach and Hard Rock Café will be on your RIGHT).
- Turn RIGHT on to 29th Avenue North and follow it to Oak Street.
- Turn LEFT on to Oak Street and follow it to 33rd Avenue North.
- Turn LEFT on to 33rd 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.

**2016 Alan Connie Shamrock Invitational
Doug Shaw Memorial Stadium Myrtle Beach, South Carolina**

**TENTATIVE Events Time Schedule March 17-19, 2016
Thursday, March 17**

FIELD EVENTS

11:00am Men's Hammer Throw

MULTI EVENTS

11:45am Heptathlon 100mHH

12:05pm Decathlon 100m
Heptathlon High Jump 2 pits (30 min after conclusion of 100mHH)
Decathlon Long Jump 2 pits (30 min after conclusion of 100m)
Heptathlon Shot Put 2 rings (30 min after conclusion of High Jump)
Decathlon Shot Put 2 ring (30 min after conclusion of Long Jump)
Heptathlon 200 meters (30 min after conclusion of Shot Put)
Decathlon High Jump 2 pits (30 min after conclusion of Shot Put)
Decathlon 400m (30 min after conclusion of High Jump)

5:30pm Myrtle Beach Track and Field Day

TRACK EVENTS

7:00pm 10,000 Women

7:50pm 10,000 Men

Friday, March 18

MULTI EVENTS

9:00am Decathlon 100m

10:45am Heptathlon 100mHH

Heptathlon Long Jump (2 pits)

Decathlon Discus (30 minutes after conclusion of 110mHH) Heptathlon
Javelin 2 flights (30 minutes after conclusion of Long Jump)

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

Heptathlon 800m (30 minutes after conclusion of Javelin)

Decathlon Javelin 2 flights (30 after conclusion of Pole Vault)

Decathlon 1500m (30 minutes after conclusion of Javelin)

Friday, March 18 (cont'd)

FIELD EVENTS

11:30am	Amber Campbell Invitational Women's Hammer (1 flight, top 9)
1:00pm	Women's Hammer (top 9 advance to finals)
3:30pm	Men's Javelin (will start 30 min after Decathlon Javelin completion)
4:00pm	"A" Flight Women's High Jump (Opening height 1.55m/5' 1")
4:00pm	"A" Flight Women's Pole Vault (Opening height 3.20m/10'6")
5:00pm finals)	"A" Section Long Jump Men and Women (Top 2 flights, top 9 go to
6:00pm	"B" Women's Flight Women's High Jump (Opening height to 1.45m/4'9")
6:00pm	"B" Women's Pole Vault (Opening height 2.75m/9'0.25")

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

10:30am	1 Mile Women (Open sections) 1 Mile Men (Open Sections)
11:10am	400 meters Women (Open sections) 400 meters Men (Open sections)
11:50am	800 meters Women (Open sections) 800 meters Men (Open sections)
12:30pm	400mLH Women (Open sections) 400mIH Men (Open sections)
2:30pm	100 meters Women's Trials (Top 8 collegiate times qualify to Sat. final) 100 meters Men's Trials (Top 8 collegiate times qualify to Sat. final)
4:00pm	4x800m relay Women (1 turn stagger, double waterfall) 4x800m relay Men (1 turn stagger, double waterfall)
4:45pm	4x200m relay Women (4 turn stagger, in lanes all the way) 4x200m relay Men (4 turn stagger, in lanes all the way)
5:30pm	100mHH Women's Trials (top 8 collegiate times qualify for Sat. final) 110mHH Men's Trials (top 8 collegiate times qualify for Sat final)
6:15pm	3,000 meters SC Women 3,000 meters SC Men (Terah Kipchiris Memorial)
7:15pm	5,000 meters Women 5,000 meters Men

Saturday, March 19

FIELD EVENTS

- 9:00am** Men's Discus followed by Women's Discus
- 9:00am** "B" Section Long Jump Women (pit closest to track)
- 9:00am** "B" Section Long Jump Men (pit closest to FB field)
- 10:00am** Women's Javelin 10:00am Women's Shot Put followed by Men's Shot Put
- 11:00am** "B" Flight Men's High Jump (Opening height 1.80m/5'10".75") 12:00pm
"B" Flight Men's Pole Vault (Opening height 3.70m/12'1.5") 1:00pm
"A" Flight Men's High Jump (Opening height 1.90m/6'2.75") 1:30pm
Women's Triple Jump (pit closest to track)
- 2:00pm** "A" Flight Men's Pole Vault (Opening height 4.30m/14'1.25")
- 2:30pm** Men's Triple Jump (pit closest to FB field)

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

- 9:00am** AAU Motivate and Educate Track & Field Clinic
- 10:00am** Open 200 meters Women
- 10:15am** Open 200meters Men
- 10:30am** Seeded Mile Women (3 sections)
- 10:50am** Seeded Mile Men (3 sections)
- 11:15am** 4x100 meter relay Women (all sections)
- 11:35am** 4x100 meter relay Men (all 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 (5 sections)
- 2:30pm** Seeded 400 meter IH Men (5 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 (all sections)
- 4:25pm** 3000 meters Men (all sections)
- 5:00pm** 4x400 meter relay Women (seed after check-in, MUST declare by 3:15pm!)
- 4x100 meter relay Men (seed after check-in, MUST declare by 5:00!)

Shamrock Invitational Meet Records (8 records broken 2015)

Men

100m	Reggie Dixon	Hampton	10.26	2012
200m	Dane Hyatt	Unattached	20.69	2012
400m	Nathaniel McKinney	Unattached	46.27	2010
800m	Johnny Shuping	Unattached	1:51.14	2008
1500m	Carlos Jamieson	American	3:51.84	2006
	Derek Scott	PUMA	3:51.84	2011
Mile	Sean Duffy	Unattached	4:03.89	2006
3000m	Parker Boudreau	George Mason	8:22.60	2011
5000m	Kyle Kling	Coastal Carolina	14:30.98	2010
10000m	Josh McDonald	Liberty	30:41.71	2013
110mHH	Jason Richardson	South Carolina	13.47	2008
400mIH	Jussi Kanervo	South Carolina	50.89	2015
3000mSC	Derek Scott	PUMA	8:45.26	2011
4x100mR (Jamison, Johnson, Hewitt, Jones)		St. Augustine's	40.07	2014
4x200mR		GW Express	1:23.08	2011
4x400mR		South Carolina	3:06.59	2008
4x800mR (Brooks, O'Connor, Vanderham, Zahorodny)		UNC Wilmington	7:33.19	2012
1200-400-800-1600 DMR		Liberty	9:46.44	2007
High Jump	Joe Kindred	Unattached	7-05.75 (2.28m)	2010
Pole Vault	Rory Quiller	Binghamton	17-00.75 (5.20m)	2006
Long Jump	Diego Lawrence	Campbell	24-08.50 (7.53m)	2011
Triple Jump	Lincoln Carr	Unattached	51-9.75 (15.79m)	2012
Shot Put	Jakob Engel	Purdue	61-4 (18.69m)	2013

Discus	Kibwe Johnson	Ashland	194-1 (59.15m)	2007
Hammer	Andy Fryman	Unattached	234-9 (71.55m)	2014
Javelin	Jason Flanagan	Unattached	245-6 (74.83m)	2013
Decathlon	Carsten Krohn	Ashland	6954	2009

Women

100m	Shayla Mahan	South Carolina	11.35	2011
200m	Ada Udaya	Hew Haven	23.28	2015
400m	Precious Holmes	South Carolina	52.89	2014
800m	Yanique Haye-Smith	GW Express	2:10.00	2014
1500m	Meghan Armstrong	Iowa	4:26.62	2008
Mile	Keira Carlstrom	American	4:50.13	2006
3000m	Dena O'Brien	College of Charleston	9:38.27	2011
5000m	Kelly McCurdy	Purdue	16:39.89	2013
10000m	Brenae Edwards	Mansfield	34:51.66	2013
100mHH	Chalese Davis	South Carolina	13.59	2015
400mLH	Jessica Gelibert	Coastal Carolina	58.39	2014
3000mSC	Madelin Talbert	Lipscomb University	10:29.26	2014
4x100mR (Johnson, Harris, Bandy, Brockington)	South Carolina	44.65		2014
4x200mR (Holmes, Bellamy, Harris, Haith)	South Carolina	1:34.52		2014
4x400mR (Bellamy, Haith, Bandy, Holmes)	South Carolina	3:36.11		2014
4x800mR	Minnesota	8:51.01		2010
1200-400-800-1600 DMR	Liberty	11:49.20		2008
High Jump	Jeannelle Scheper	South Carolina	6-3.25 (1.91m)	2015
Pole Vault	Lauren Terstappen	Clemson	13-1.15 (4.00m)	2015
Long Jump	Lynndsey Hyter	Georgia Southern	19-10.75 (6.06m)	2008

Triple Jump	Christina Epps	Adidas	43-1 (13.13m)	2015
Shot Put	Annie Alexander	Manhattan College	56-3.25 (17.15m)	2014
Discus	Annie Alexander	Manhattan College	175-11 (53.63m)	2014
Hammer	Amber Campbell	Nike-Mjolnir	238-10 (72.81m)	2015
Javelin	Jayd Eggert	North Dakota	153-1 (46.65m)	2015
Heptathlon	Abby Kacsandi	Unattached	4929	2012

Updated 11/11/15