



# ***ARKANSAS SPRING INVITATIONAL***

## ***FRIDAY-SATURDAY, MARCH 24-25***

### **MEET INSTRUCTIONS**

**PLEASE READ ALL OF THIS INFORMATION CAREFULLY.**

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#### **ENTERING AND EXITING THE COMPETITION TRACK**

- For the safety of everyone, only athletes contesting the event will be permitted inside competition oval. There will be NO exceptions to this policy. We appreciate your cooperation.

#### **RUNNING EVENTS INFORMATION**

- Please make all scratches as soon as possible for all events. To do this ahead of the meet, please email your scratches. During the meet, please scratch your athletes at the Clerk's Tent. We appreciate you making these scratches as soon as possible.
- Athletes in running events may check in for all events at any time BUT NO LATER than **30 minutes** before the scheduled start of the event.
- Athletes in all running events will follow the same protocol, which is outlined below.
  1. Athletes must report to the Clerks' Tent NOT later than **30 minutes** before the scheduled start of the event. Athletes failing to report by this deadline will be scratched.
  2. Athletes will be asked to report back to the Clerk's Tent approximately **15 minutes** prior to the scheduled start time of their event.
  3. Athletes will be escorted from the Clerk's area to the starting line.

#### **FIELD EVENT INFORMATION**

- Field event athletes should check in NOT later than **20 minutes** before the scheduled start of the event at the field event site. Events with multiple flights will utilize a 15-minute general warm-up period followed by 15 minutes flight specific warm-up periods directly preceding each flight.
- Athletes in all field events will follow the same protocol, which is outlined below.
  1. Athletes must walk directly to the field event site by carefully crossing the track
  2. Athletes in field events must check-in with the appropriate official at the field event site and not with the Clerks.
  3. At the conclusion of the field event, athletes must exit the infield immediately.

#### **COMPETITOR'S BIBS**

- Competitor's bibs will be worn on the front in all events, except the vertical jumps where athletes may choose to wear the bib on their back.

#### **ADMISSION TO THE MEET**

- Athletes and coaches must wear the wristband included in the packet to enter the facility.

#### **DECLARATIONS**

- Final declarations for all events occur at initial check in for each event. For running events, this occurs at the clerking area not less than thirty minutes before the scheduled start of the event. For field events, this occurs by checking in with the official at the field event site not less than twenty minutes before the scheduled start of the event.

#### **IMPLEMENT INSPECTION**

- Implements must be inspected at the weights and measures area on the east side of McDonnell Field (underneath press box) NOT LATER THAN ninety minutes before the scheduled start of the event. Implements will be impounded until they are brought by the officials to the event site.

#### **SPIKES**

- Athletes may use only pyramid spikes that are 9mm or shorter. Spikes will be checked and those not meeting the regulations must be replaced. No pin/needle/Christmas tree spikes will be allowed on the competition track.

#### **RESULTS**

- Results will be posted on FlashResults.com



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## FRIDAY-SATURDAY, MARCH 24-25

### Schedule of Events

#### Friday Field Events

Time	Event	Gender	Section
3:30 PM	Hammer Throw	Men	
5:15 PM	Hammer Throw	Women	
6:45 PM	Discus	Women	

#### Friday-Saturday Multi Events

Time	Event	Gender	Section
Fri. 12:00 PM	Heptathlon 100m Hurdles	Women	Heptathlon
Fri. 12:10 PM	Decathlon 100 Meters	Men	Decathlon
Fri. 12:40 PM	Heptathlon High Jump	Women	Heptathlon
Fri. 12:50 PM	Decathlon Long Jump	Men	Decathlon
Fri. 2:05 PM	Decathlon Shot Put	Men	Decathlon
Fri. 3:05 PM	Heptathlon Shot Put	Women	Heptathlon
Fri. 3:10 PM	Decathlon High Jump	Men	Decathlon
Fri. 4:10 PM	Heptathlon 200 Meters	Women	Heptathlon
Fri. 5:10 PM	Decathlon 400 Meters	Men	Decathlon
Sat. 10:00 AM	Decathlon 110 Meter Hurdles	Men	Decathlon
Sat. 10:40 AM	Decathlon Discus Throw	Men	Decathlon
Sat. 11:00 AM	Heptathlon Long Jump	Women	Heptathlon
Sat. 11:50 AM	Decathlon Pole Vault	Men	Decathlon
Sat. 12:15 PM	Heptathlon Javelin Throw	Women	Heptathlon
Sat. 1:40 PM	Heptathlon 800m	Women	Heptathlon
Sat. 2:15 PM	Decathlon Javelin Throw	Men	Decathlon
Sat. 3:30 PM	Decathlon 1500m	Men	Decathlon

*\*\* Times for the heptathlon and decathlon are estimates. Events will begin based on the conclusion of the previous event. \*\**

#### Saturday Running Events

Time	Event	Gender	Section
3:00 PM	3,000 Meter Steeplechase	Men	
3:15 PM	3,000 Meter Steeplechase	Women	
3:30 PM	Decathlon 1500 Meters	Men	Decathlon
3:40 PM	4x100 Meter Relay	Men	
3:50 PM	4x100 Meter Relay	Women	
4:00 PM	1,500 Meters	Men	
4:10 PM	1,500 Meters	Women	
4:20 PM	110 Meter Hurdles	Men	
4:30 PM	100 Meter Hurdles	Women	
4:45 PM	100 Meters	Men	
4:55 PM	100 Meters	Women	
5:05 PM	800 Meters	Men	
5:15 PM	800 Meters	Women	
5:25 PM	400 Meters	Men	
5:35 PM	400 Meters	Women	
5:45 PM	4x200 Meter Relay	Men	Invitational
5:50 PM	400 Meter Hurdles	Men	
6:05 PM	400 Meter Hurdles	Women	
6:20 PM	200 Meters	Men	
6:35 PM	200 Meters	Women	
6:50 PM	800 Meters	Men	Invitational
6:55 PM	800 Meters	Women	Invitational
7:00 PM	3,000 Meters	Men	
7:15 PM	3,000 Meters	Women	
7:30 PM	1,500 Meters	Men	Invitational
7:40 PM	1,500 Meters	Women	Invitational
7:50 PM	4x400 Meter Relay	Men	
8:00 PM	4x400 Meter Relay	Women	

#### Saturday Field Events

Time	Event	Gender	Section
1:30 PM	Long Jump	Women	
3:15 PM	Pole Vault	Women	
3:30 PM	Discus	Men	
3:30 PM	Shot Put	Women	
4:00 PM	Long Jump	Men	
4:00 PM	High Jump	Men	
5:30 PM	Shot Put	Men	
5:30 PM	Javelin	Women	
5:30 PM	Triple Jump	Women	
6:00 PM	High Jump	Women	
6:45 PM	Pole Vault	Men	
6:45 PM	Javelin	Men	
7:00 PM	Triple Jump	Men	