



ARKANSAS SPRING INVITATIONAL

FRIDAY-SATURDAY, MARCH 22-23

SCHEDULE OF EVENTS

SATURDAY RUNNING EVENTS

Time	Event	Gender
3:00 PM	3,000 Meter Steeplechase	Men
3:15 PM	3,000 Meter Steeplechase	Women
3:30 PM	4x100 Meter Relay	Men
3:35 PM	4x100 Meter Relay	Women
3:40 PM	1,500 Meters	Men
3:53 PM	1,500 Meters	Women
4:00 PM	110 Meter Hurdles	Men
4:10 PM	100 Meter Hurdles	Women
4:20 PM	100 Meters	Men
4:35 PM	100 Meters	Women
4:50 PM	800 Meters	Men
5:05 PM	800 Meters	Women
5:10 PM	400 Meters	Men
5:25 PM	400 Meters	Women
5:35 PM	400 Meter Hurdles	Men
5:50 PM	400 Meter Hurdles	Women
6:00 PM	200 Meters	Men
6:20 PM	200 Meters	Women
6:40 PM	800 Meters Invitational	Men
6:45 PM	800 Meters Invitational	Women
6:50 PM	3,000 Meters	Men
7:05 PM	3,000 Meters	Women
7:25 PM	1,500 Meters Invitational	Men
7:33 PM	1,500 Meters Invitational	Women
7:40 PM	4x400 Meter Relay	Men
7:50 PM	4x400 Meter Relay	Women

FRIDAY FIELD EVENTS

Time	Event	Gender
3:30 PM	Hammer Throw	Men
To Follow (Approx. 6:00 PM)	Hammer Throw	Women

SATURDAY FIELD EVENTS

Time	Event	Gender
11:00 AM	Javelin	Women
11:00 AM	Long Jump	Men
1:00 PM	Javelin	Men
2:30 PM	Pole Vault	Women
2:30 PM	Long Jump	Women
3:00 PM	High Jump	Women
3:00 PM	Discus	Women
3:30 PM	Shot Put	Men
4:00 PM	Triple Jump	Men
5:00 PM	Discus	Men
5:30 PM	Pole Vault	Men
5:30 PM	Shot Put	Women
6:00 PM	High Jump	Men
6:00 PM	Triple Jump	Women