



ARKANSAS TWILIGHT

FRIDAY, MAY 3, 2019

SCHEDULE OF EVENTS

Time	Running Event	Gender
6:00 PM	4x100 Meter Relay	Men
6:05 PM	4x100 Meter Relay	Women
6:10 PM	3,000 Meters	Men
6:20 PM	3,000 Meters	Women
6:35 PM	100 Meters	Men
6:40 PM	100 Meters	Women
6:45 PM	400 Meters	Men
6:50 PM	400 Meters	Women
7:00 PM	110 Meter Hurdles	Men
7:05 PM	100 Meter Hurdles	Women
7:10 PM	800 Meters	Men
7:17 PM	800 Meters	Women
7:25 PM	200 Meters	Men
7:35 PM	200 Meters	Women
7:45 PM	400 Meter Hurdles	Men
7:50 PM	400 Meter Hurdles	Women
7:55 PM	1,500 Meters	Men
8:05 PM	1,500 Meters	Women
8:15 PM	3,000 Meter Steeplechase	Men
8:25 PM	4x400 Meter Relay	Men
8:30 PM	4x400 Meter Relay	Women

Time	Field Event	Gender
12:30 PM	Hammer Throw	Men & Women
1:45 PM	Discus Throw	Men
2:30 PM	Discus Throw	Women
4:00 PM	Javelin Throw	Men & Women
4:30 PM	Long Jump	Women
5:00 PM	Pole Vault	Women
5:30 PM	Long Jump	Men
5:45 PM	Shot Put	Men & Women
6:00 PM	High Jump	Women
6:30 PM	Triple Jump	Men & Women
7:00 PM	High Jump	Men
7:30 PM	Pole Vault	Men