



# ARKANSAS TWILIGHT

FRIDAY, MAY 6, 2022

## MEET INSTRUCTIONS

### PACKETS

- Coaches may pick up team packets on Thursday from 5:00pm to 7:00pm or Friday beginning at 10:00am. Team Packets will be located in the officials'/weights and measures area (position 7 on venue map).
- Please arrive to pick up the packet through the credentialed access entry gate (position 8 on venue map). We will distribute the packet to the first coach who arrives at the packet pick-up area. This packet will contain access credentials for the entire team. Please make arrangements to meet your team at a designated location outside John McDonnell Field to distribute credentials if you are planning to arrive at different times. We will not hold the packet at the packet pick-up area. Athletes and Staff will not be permitted entry to John McDonnell Field without appropriate access credential.

### FACILITY ACCESS

- John McDonnell Field will open to competitors and coaches beginning two hours before competition begins on Friday. Only athletes will be permitted inside the competition areas. The facility is not open for practice on competition days.
- Athletes and team personnel may enter the facility at any entrance, but will only be able to bring backpacks and bags through the credential personnel entrance (position 8 on the venue map).
- Athletes and coaches must wear the wristbands included in the packet to enter the facility.

### PRACTICE TIMES AT JOHN MCDONNELL FIELD

- John McDonnell Field will be open for practice on Thursday from 5:00pm to 7:00pm.
- The weight room at the O'Mara Track & Field Center will be open for visiting teams from 5:00pm - 7:00pm on Thursday.

### TEAM CAMP AREAS

- For Thursday practice, the outdoor football warm-up facility is not available for team camps or warm-ups. The indoor football facility is not available for team camps or warm-ups on either Thursday or Friday.
- On Friday, Teams will be permitted to set up a team camp location on outdoor football practice field/ warm-up facility.
- To reserve a tent, please contact In Tents Party Rentals (kim@party-intents.com) by Wednesday, May 4 at 12:00pm. Individual team pop-up style tents are permitted on the warm-up field, but not in the grandstands at John McDonnell Field.

### TEAM DROP-OFF AND PARKING

- On Thursday for practice, team buses and vans may drop athletes at the main spectator entrance, on the corner of Meadow Street and Razorback Road. Athletes and staff may enter the venue through that entrance.
- On Friday, team buses and vans should drop athletes at the bus drop-off area on Razorback Road near the warm-up area indicated on the venue map.
- Buses should park in Lot 56, near the corner of Razorback Road and Martin Luther King Boulevard (map: <https://parking.uark.edu/parkmap.pdf>). Team vans and cars should park at location number 2 on the attached venue map.
- Please do not have buses or vans drop off at any other location than the location listed on the map.

### ENTERING AND EXITING THE COMPETITION TRACK

- Only competing student-athletes and track & field officials are allowed in the competition area. Medical personnel are allowed to enter the competition area in the event of an injury or illness to provide medical assistance.
- Coaches are not permitted into the competition area at any time. Coaching locations are indicated on the venue map surrounding the track and in the grandstands. Field event athletes can view video, taken outside the competition area and not brought in the competition area, between attempts. Under the direction of an official they are permitted to cross the track.

### WARM-UPS

- No warm-ups will be permitted on the competition track at any time. Athletes should use the warm-up facility located on the outdoor practice football fields or warm-up outside the venue.
- When possible within the context of the competition schedule, Horizontal Jumps and Throws will utilize a 15-minute general warm-up time followed by 15-minute flight specific warm-up windows. Pole Vault will utilize a 90-minute warm up period, while high jump will utilize a 45-minute warm up period.



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### COACHING AREAS

- Coaches are not permitted into the competition area at any time. Field event athletes can view video, taken outside the competition area and not brought in the competition area, between attempts. Under the direction of an official, they are permitted to cross the track to confer with a coach.
- Coaching locations are indicated on the venue map surrounding the competition track and in the grandstands.

### ENTERING AND EXITING THE COMPETITION TRACK

- All athletes must enter and exit the competition area from the gate by clerks tent on the southeast corner of the facility.
- Only competing student-athletes and track & field officials are allowed in the competition area. Medical personnel are allowed to enter the competition area in the event of an injury or illness to provide medical assistance.
- Coaches are not permitted into the competition area at any time. Please provide instruction to athletes from areas outside of the competition areas. Field event athletes can view video, taken outside the competition area and not brought in the competition area, between attempts. Under the direction of an official they are permitted to cross the track.

### 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 to [downsm@uark.edu](mailto:downsm@uark.edu). During the meet, please scratch your athletes with at the Clerk's Tent located at the southeast corner of the track. 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 **20-minutes** before the scheduled start of the event. Athletes not checked in by this time will be scratched.
- Athletes in all running events will follow the same protocol, which is outlined below.
  1. Athletes will have access to the outdoor football field for competition day warm-up (indoor football facility not available). Athletes must walk out the gate on the southeast corner of the warm-up venue, across Meadow Street and behind the east grandstands to enter the facility at Location 8 on the venue map.
  2. Athletes must report to the Clerks' Tent on the southeast corner of John McDonnell Field NOT later than **20-minutes** before the scheduled start of the event. Athletes failing to report by this deadline will be scratched.
  3. Athletes will be asked to report back to the Clerk's Tent approximately **5-minutes** prior to the scheduled start time of their heat based upon the clerking schedule.
  4. Athletes will be escorted from the final staging area at the Clerk's Tent to the starting line for their event.
  5. At the conclusion of their running event, athletes will return to the Clerking Area to collect their belongings, exiting the facility through the same gate they entered on the southeast corner of the venue.
- Coaches and non-competing athletes are not permitted inside the competition area at any time.

### FIELD EVENT INFORMATION

- Field event athletes should in check at the field event site NOT later than **20-minutes** before the scheduled start of their event (before the first flight for field events with multiple flights). Athletes not checked in by this time will be scratched from their event.
- When possible within the context of the competition schedule, Horizontal Jumps and Throws will utilize a 15-minute general warm-up time followed by 15-minute flight specific warm-up windows. Pole Vault will be utilize a 90-minute warm up period, while high jump will be utilize a 45-minute warm up period.
- Athletes in all field events will follow the same protocol, which is outlined below.
  1. Athletes will have access to the outdoor football field for competition day warm-up (indoor football facility not available). Athletes must walk out of the gate on the southeast corner of the warm-up venue, across Meadow Street and behind the east grandstands to enter the facility at Location 8 on the venue map.
  2. Athletes must enter the competition venue through the gate nearest to the Clerk's Tent on the southeast corner of the track.
  3. Athletes must walk directly to the field event site by carefully crossing the track. Athletes will only be permitted inside the competition area within the designated warm-up time for their event.
  4. Athletes in field events must check-in with the appropriate official at the field event site and not with the Clerks.
  5. At the conclusion of their flight, athletes must exit the infield immediately.
- Coaches and non-competing athletes are not permitted inside the competition area at any time.



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## MEET INSTRUCTIONS

### 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 20-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 20-minutes before the scheduled start of their event (before the first flight for field events with multiple flights). Athletes not declared by this time will be scratched from their event.

### 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.

### IMPLEMENT INSPECTION

- Implement inspection will begin on Friday at 10:00am at the weights and measures area in the southeast corner of John McDonnell Field. All implements must be inspected not later than sixty 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 only use 1/4" pyramid spikes, with the exception of the high jump where 3/8" will be permitted. 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.

### SPORTS MEDICINE

- Medical personnel must stage team training areas on the practice football fields on Friday. Medical personnel may enter the competition only in the event of injury or illness. The meet's medical area is reserved for emergency situations only.

### RESULTS

- Results and start lists will be available on FlashResults.com.

### PLAYER GUEST TICKETS/SPECTATOR ATTENDANCE POLICY

- Spectator attendance is permitted at the event. If your team would like to submit a pass list for player guest tickets, please utilize the attached template and return to me via email (downsm@uark.edu) by 5:00pm on Thursday, May 5. Your pass list will be placed at the ticket office window.
- Teams will be invoiced for all tickets requested at a group rate of \$3 per ticket (General admission ticket price is \$5). General admission tickets, for institutions that do not wish to utilize a pass list, will be available for sale on-site. To assist our ticket office staff, please submit your pass list in alphabetical order by athlete's last name.

### MEDIA

- Media inquiries, including team sports information directors and photographers, should be directed to Shawn Price (sdp013@uark.edu). A pool photographer will be available for visiting teams; contact Shawn Price for more information. Photographers and videographers must remain outside the competition area in their designated positions.

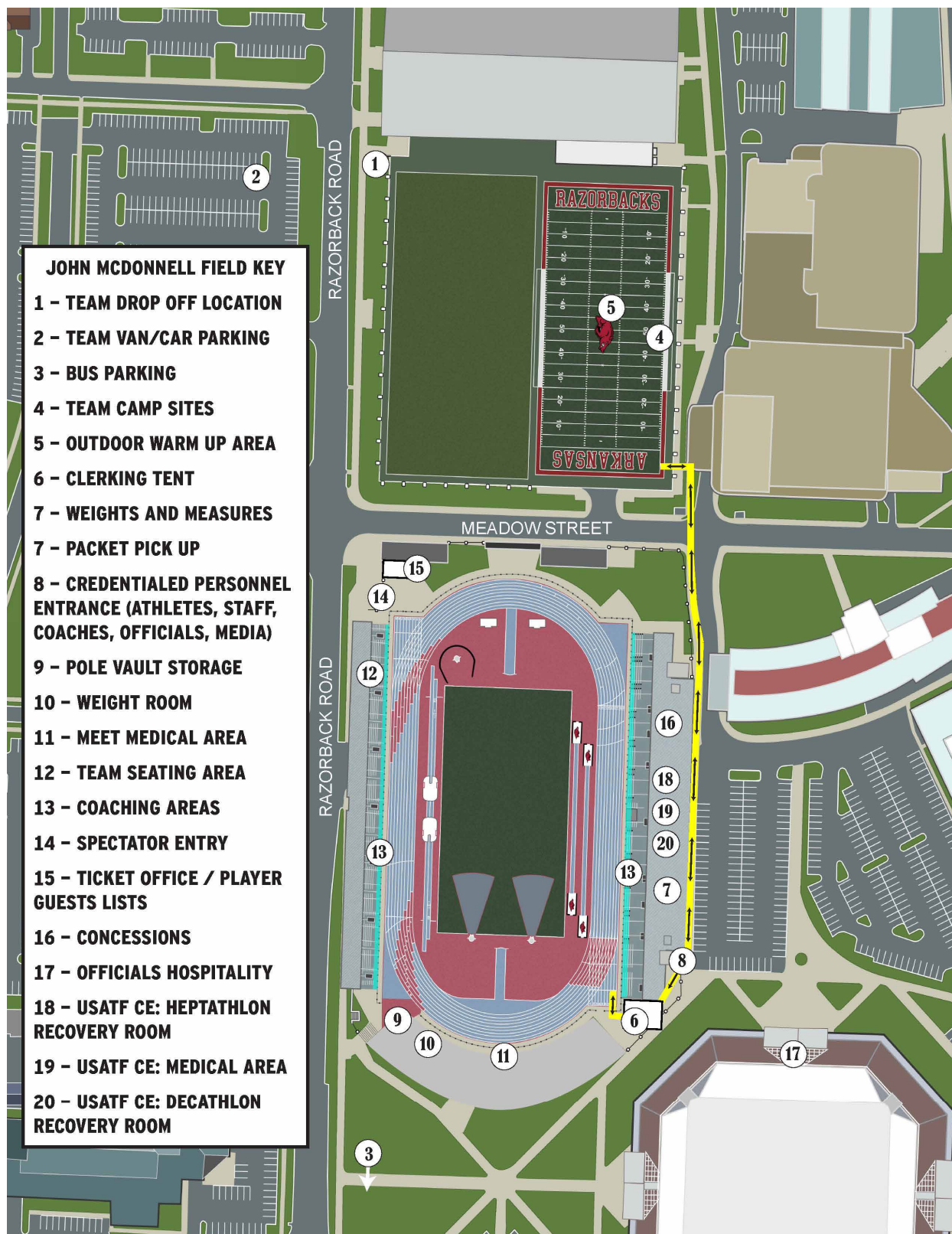




# ARKANSAS TWILIGHT

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## VENUE MAP





# ARKANSAS TWILIGHT

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## SPECTATOR PARKING MAP





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## SCHEDULE OF EVENTS

### FIELD EVENTS - FRIDAY

Time	Event	Gender
12:00 PM	Hammer Throw	Men & Women
3:00 PM	Pole Vault	Men
4:45 PM	Triple Jump	Women
5:00 PM	Triple Jump	Men
5:45 PM	Javelin Throw	Men & Women
6:30 PM	Pole Vault	Women
6:45 PM	Long Jump	Women
6:45 PM	High Jump	Men
6:45 PM	High Jump	Women
7:15 PM	Long Jump	Men
7:30 PM	Shot Put	Men & Women

### RUNNING EVENTS - FRIDAY

Time	Event	Gender
4:45 PM	Senior Recognition	
4:55 PM	National Anthem	
5:00 PM	4 x 100 Meters Relay	Men
5:05 PM	4 x 100 Meters Relay	Women
5:10 PM	3,000 Meters	Men
5:20 PM	3,000 Meters	Women
5:35 PM	3,000 Meter Steeplechase	Men
5:50 PM	3,000 Meter Steeplechase	Women
6:15 PM	Heptathlon 200 Meters	Women
6:25 PM	Decathlon 400 Meters	Men
6:35 PM	100 Meters	Men
6:43 PM	100 Meters	Women
6:50 PM	400 Meters	Men
7:00 PM	400 Meters	Women
7:05 PM	110 Meter Hurdles	Men
7:10 PM	100 Meter Hurdles	Women
7:15 PM	800 Meters	Men
7:25 PM	800 Meters	Women
7:32 PM	200 Meters	Men
7:40 PM	200 Meters	Women
7:47 PM	400 Meter Hurdles	Men
7:52 PM	400 Meter Hurdles	Women
7:55 PM	1,500 Meters	Men
8:10 PM	1,500 Meters	Women
8:17 PM	4 x 400 Meters Relay	Men
8:22 PM	4 x 400 Meters Relay	Women

### USATF DECATHLON CHAMPIONSHIP FRIDAY

2:00 PM	Decathlon 100 Meters
2:45 PM	Decathlon Long Jump
3:40 PM	Decathlon Shot Put
4:45 PM	Decathlon High Jump
6:25 PM	Decathlon 400 Meters

### SATURDAY

2:00 PM	Decathlon 110 Meter Hurdles
2:45 PM	Decathlon Discus Throw
4:15 PM	Decathlon Pole Vault
6:00 PM	Decathlon Javelin Throw
7:30 PM	Decathlon 1,500 Meters

### USATF HEPTATHLON CHAMPIONSHIP FRIDAY

2:15 PM	Heptathlon 100 Meter Hurdles
3:05 PM	Heptathlon High Jump
4:45 PM	Heptathlon Shot Put
6:15 PM	Heptathlon 200 Meters

### SATURDAY

3:00 PM	Heptathlon Long Jump
3:55 PM	Heptathlon Javelin Throw
5:15 PM	Heptathlon 800 Meters