



ARKANSAS HIGH SCHOOL INVITATIONAL

SATURDAY, JANUARY 14, 2023

MEET INSTRUCTIONS

PACKETS

- High school coaches and individual athletes may pick up packets near the athletes' entry door near the southeast side of the Randal Tyson Track Center on Friday from 3:00 p.m. to 8:30 p.m. and Saturday from 6:30 a.m. to 4:30 p.m.
- We will distribute the packet to the first coach who arrives at the packet pick-up area. This packet will contain the access credentials for the entire team. Please make arrangements to meet your team at a designated location outside the Tyson Center 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 the Tyson Center without appropriate access credential.

FACILITY ACCESS

- The Randal Tyson Track Center will open to competitors and coaches on Friday beginning at 6:30am. Only athletes will be permitted inside the competition areas. The competition facilities, including track oval, are not open for practice at any time.
- Athletes and team personnel should enter the facility through the southeast entrance to the track, shown on the venue map.

ENTERING AND EXITING THE COMPETITION TRACK

- Only competing student-athletes and track & field officials are allowed in the competition area.
- Coaches are not permitted into the competition area at any time. Please provide instruction to athletes from areas outside of the competition areas.

WARM-UPS

- No warm-ups will be permitted on the competition track at any time. Athletes should use the warm-up facility located in the Fowler Training Center or warm-up outside the venue. Hurdles and starting blocks will be located on the practice track in the Fowler Center. Athletes in field events will not be permitted in the competition area until 20 minutes prior to the scheduled start of their scheduled flight.

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

- Implements must be inspected at the east end of the Fowler Center in the track storage room 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.

MEDIA

- Media inquiries, including team sports information directors and photographers, should be directed to Shawn Price (sdp013@uark.edu). Photographers and videographers must remain outside the competition area in their designated positions.

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 the athletes scheduled flight. Athletes not declared by this time will be scratched from their event.

RESULTS

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



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SPORTS MEDICINE

- Teams/Athletes are responsible for providing their own water and nutritional needs. The meet's medical area is reserved for emergency situations only.

RUNNING EVENTS INFORMATION

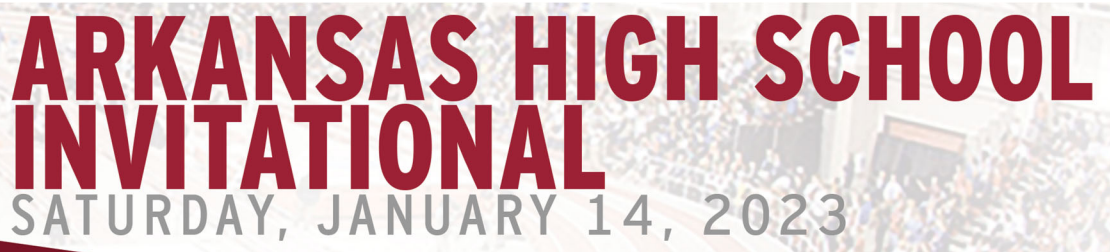
- Please make all scratches as soon as possible for all events. To do this ahead of the meet, please email your scratches to downsm@uark.edu. During the meet, please scratch your athletes with the Clerk located near the southwest corner of the Fowler Center. We appreciate you making these scratches as 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 from their event.
- Athletes in all running events will follow the same protocol, which is outlined below.
 - Athletes must report to the Clerks' table located near the southwest corner of the Fowler Center NOT later than **20 minutes** before the scheduled start of the event. Athletes failing to report by this deadline will be scratched.
 - Athletes will be asked to report back to the Clerk's area approximately **5 minutes** prior to the scheduled start time of their heat.
 - Athletes will be escorted from the Clerk's area to the final staging area inside the Tyson Center via the outside tent tunnel and then to the starting line.
 - At the conclusion of the running event, athletes must exit the track on the backstretch and return the final staging area to collect any warm-ups or belongings.

FIELD EVENT INFORMATION

- Field event athletes should check in NOT later than **20 minutes** before the start of their flight at the field event site. Athletes not checked in by this time will be scratched from their event. Athletes should not arrive at the field event site until their assigned flight warm-up time and must depart the competition area at the conclusion of their flight.
- Athletes in all field events will follow the same protocol, which is outlined below.
 - 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 flight.
 - Athletes in field events must check-in with the appropriate official at the field event site and not with the Clerks.
 - 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.

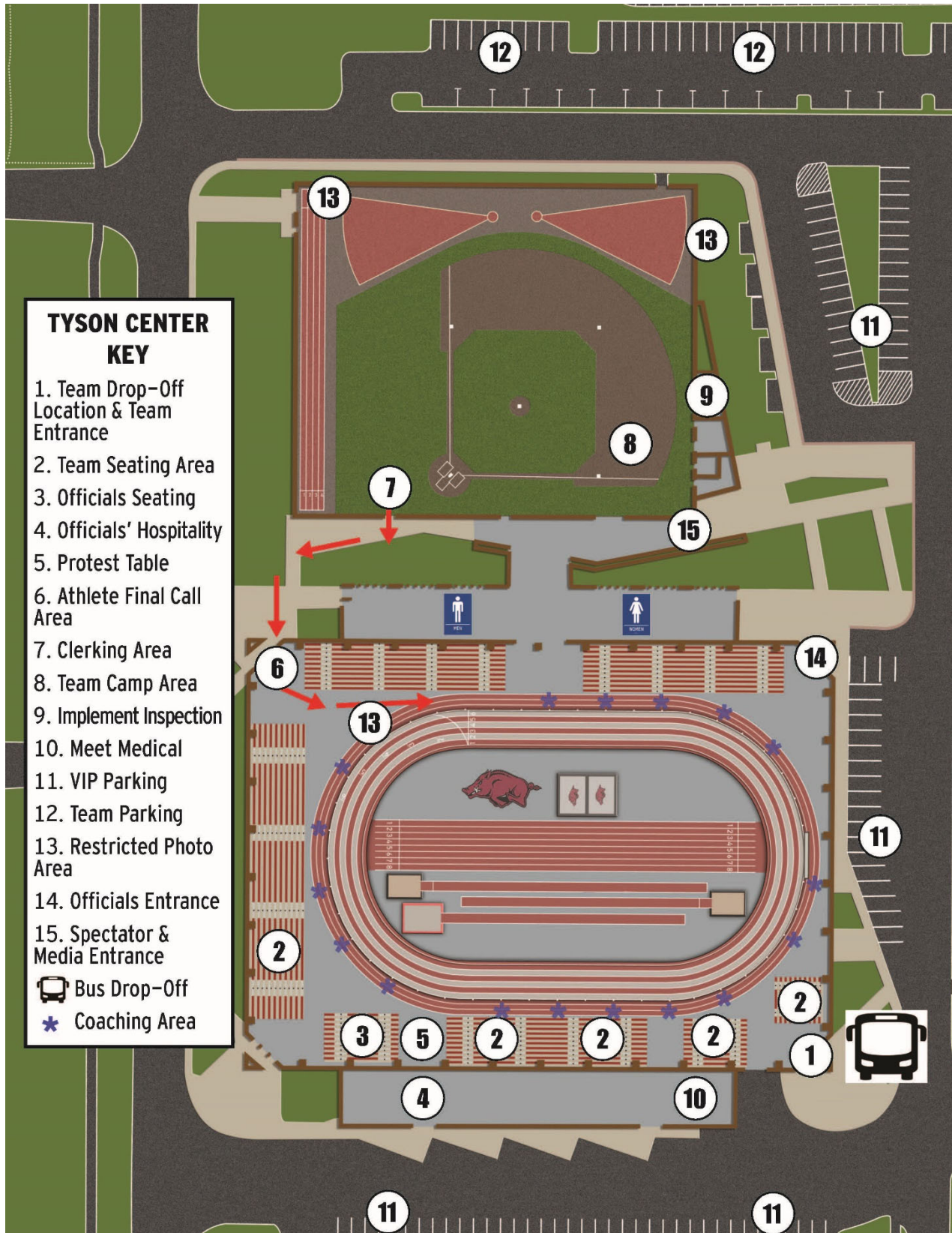
FIELD EVENT FACILITY INFORMATION

- Tape for any marking on the track surface must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking.
- Men's horizontal jumping events will utilize the interior runway closest to the sprints straightway.
 - The runway is 62 meters (203'5") and has a landing pit of 8 meters (26'3").
 - In the long jump, the men's take-off board is 4 meters from the landing pit (runway length of 58 meters).
 - In the triple jump, the men's take of board is 13 meters from the landing pit (runway length 49 meters).
 - Officials will tape a board for the triple jump.
- Women's horizontal jumping events will utilize the runway furthest to the sprints straightway between the men's runway and the pole vault.
 - The runway is 55.85 meters (183'3") and has a landing pit of 8 meters (26'3").
 - In the long jump, the women's take-off board is 2 meters from the landing pit (runway length of 53.85 meters).
 - In the triple jump, the women's take of board is 11 meters from the landing pit (runway length 44.85 meters).
 - Officials will tape a board for the triple jump.
- The pole vault runway is 44.15 meters (144'10") to the back of the box.



TYSON CENTER KEY

1. Team Drop-Off Location & Team Entrance
2. Team Seating Area
3. Officials Seating
4. Officials' Hospitality
5. Protest Table
6. Athlete Final Call Area
7. Clerking Area
8. Team Camp Area
9. Implement Inspection
10. Meet Medical
11. VIP Parking
12. Team Parking
13. Restricted Photo Area
14. Officials Entrance
15. Spectator & Media Entrance
-  Bus Drop-Off
-  Coaching Area





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SCHEDULE OF EVENTS

Time	Running Event	Gender
8:00 AM	400 Meter Prelims	HS Boys
9:00 AM*	400 Meter Prelims	HS Girls
9:50 AM*	1 Mile	HS Boys
11:00 AM*	1 Mile	HS Girls
11:50 AM*	60 Meter Hurdles Prelims	HS Boys
12:15 PM*	60 Meter Hurdles Prelims	HS Girls
12:40 PM*	60 Meter Prelims	HS Boys
1:40 PM*	60 Meter Prelims	HS Girls
2:40 PM*	200 Meter Prelims	HS Boys
3:40 PM*	200 Meter Prelims	HS Girls
4:45 PM	4x800 Meter Relay	HS Boys
5:05 PM*	4x800 Meter Relay	HS Girls
5:25 PM*	60 Meter Final	HS Boys
5:29 PM*	60 Meter Final	HS Girls
5:34 PM*	60 Meter Hurdles Final	HS Boys
5:38 PM*	60 Meter Hurdles Final	HS Girls
5:40 PM*	400 Meter Final	HS Boys
5:47 PM*	400 Meter Final	HS Girls
5:55 PM*	800 Meters	HS Boys
6:40 PM*	800 Meters	HS Girls
7:15 PM*	200 Meter Final	HS Boys
7:22 PM*	200 Meter Final	HS Girls
7:30 PM*	3000 Meters	HS Boys
8:05 PM*	3000 Meters	HS Girls
8:30 PM*	4x400 Meter Relay	HS Boys
9:10 PM*	4x400 Meter Relay	HS Girls

* Running events will be contested on a rolling schedule with the exception of the start of the Boys' 400 meters (8:00am) and Boys' 4x800m Relay (4:45pm). Listed times are projections.

Time	Field Event	Gender
8:00 AM	High Jump (Opening Height = 4'9")	HS Girls
8:00 AM	High Jump (Opening Height = 5'8")	HS Boys
8:30 AM	Long Jump	HS Girls
8:30 AM	Long Jump	HS Boys
9:00 AM	Shot Put	HS Girls
9:30 AM	Pole Vault (Opening Height = 9'0")	HS Girls
2:00 PM	Shot Put	HS Boys
3:30 PM	Triple Jump	HS Girls
3:30 PM	Triple Jump	HS Boys
3:30 PM	Pole Vault (Opening Height = 11'6")	HS Boys