



# ARKANSAS INVITATIONAL

FRIDAY, JANUARY 13, 2023

## MEET INSTRUCTIONS

### PACKETS

- Coaches may pick up team packets at the Randal Tyson Track Center on Thursday from 5:00pm to 7:30pm and Friday after 9:00am.
- 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 9:00am. Only athletes will be permitted inside the competition areas. The competition facilities are not open for practice on competition days.
- 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. 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.

### 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.

### 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

- Medical personnel must stage team training areas in designated spaces available in the Fowler Center warm-up area. Medical personnel may enter the competition only in the event of injury or illness. Teams are responsible for providing their own water and nutritional needs. The meet's medical area is reserved for emergency situations only. Athletic trainers can contact Deanna Prentice (deannap@uark.edu) to discuss modality availability.

### 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.
  1. 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.
  2. Athletes will be asked to report back to the Clerk's area approximately **5 minutes** prior to the scheduled start time of their heat based upon the clerking schedule.
  3. 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.
  4. 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 scheduled start of their event at the field event site. If there are two flights of an event, athletes should check in with the official prior to start of the first flight. Athletes not checked in by this time will be scratched from their event. Athletes should not arrive back to their field event site until their assigned flight warm-up time and must depart the competition area at the conclusion of their flight.
- Horizontal Jumps and Throws will utilize a 15 minute general warm-up period, followed by 15 minute flight specific warm up periods. After the conclusion of their flight, athletes must depart the competition area. Pole Vault athletes will be permitted a 90 minute warm up period, while high jump athletes will be permitted a 45 minute warm up period.
- 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. Athletes will only be permitted inside the competition area within the designated warm-up time for their flight/event.
  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 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).
  - No taped boards will be utilized in the horizontal jumps.
- 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).
  - No taped boards will be utilized in the horizontal jumps.
- The pole vault runway is 44.15 meters (144'10") to the back of the box.

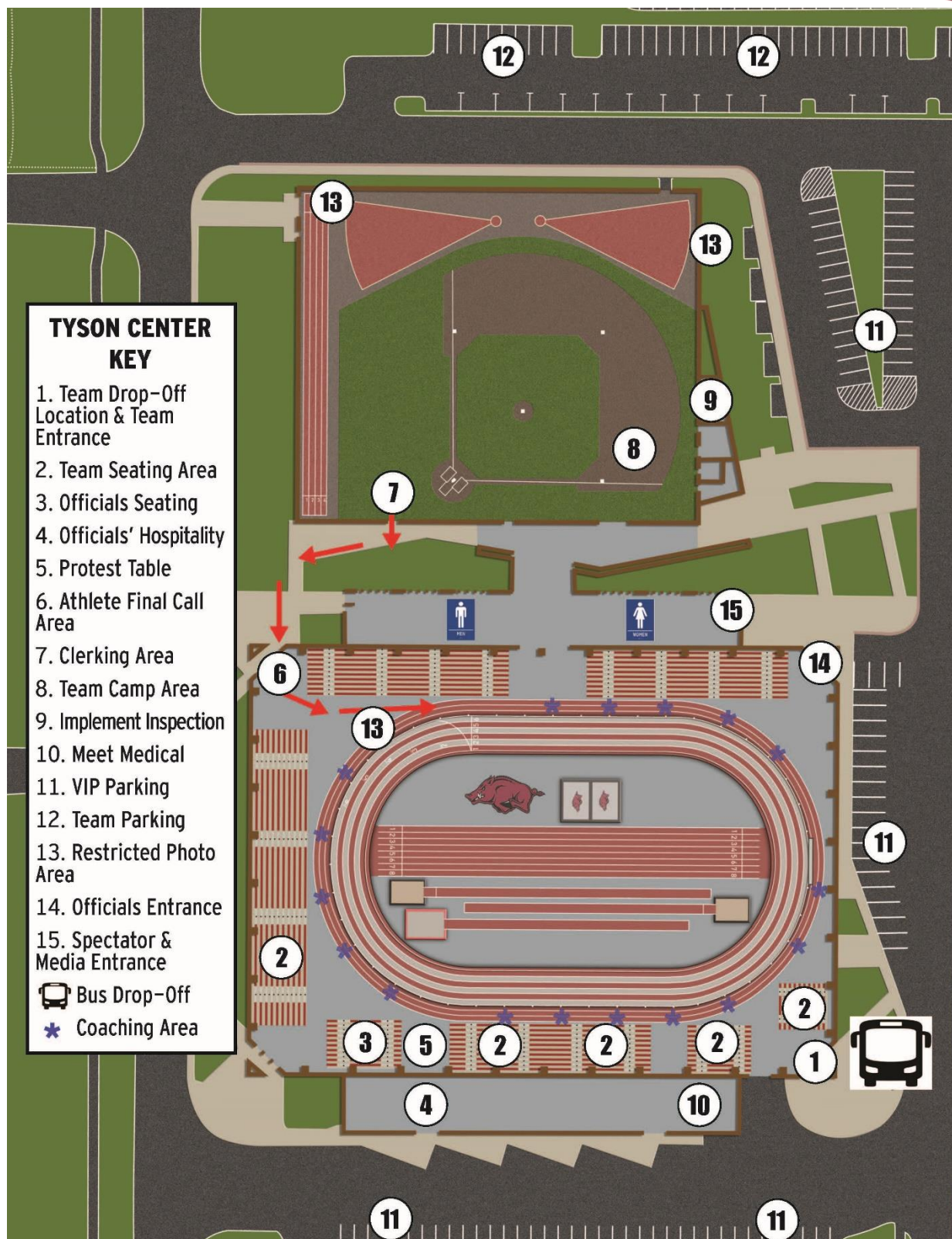




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## VENUE MAP





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## SCHEDULE OF EVENTS

### Running Events

Time	Event	Gender
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12:55 PM	National Anthem	
1:00 PM	60 Meter Dash Qualifying	Men
1:20 PM	60 Meter Dash Qualifying	Women
1:50 PM	1 Mile Run	Men
2:20 PM	1 Mile Run	Women
2:50 PM	60 Meter Hurdles Prelims	Men
3:10 PM	60 Meter Hurdles Prelims	Women
3:30 PM	60 Meter Dash Prelims	Men
3:45 PM	60 Meter Dash Prelims	Women
4:00 PM	400 Meter Dash	Men
4:25 PM	400 Meter Dash	Women
4:40 PM	600 Meter Run	Men
4:55 PM	600 Meter Run	Women
5:10 PM	300 Meter Dash	Men
5:22 PM	300 Meter Dash	Women
5:30 PM	60 Meter Hurdles Final	Men
5:35 PM	60 Meter Hurdles Final	Women
5:40 PM	60 Meter Dash Final	Men
5:45 PM	60 Meter Dash Final	Women
5:50 PM	1000 Meter Run	Men
6:05 PM	1000 Meter Run	Women
6:15 PM	800 Meter Run	Men
6:22 PM	800 Meter Run	Women
6:30 PM	200 Meter Dash	Men
6:55 PM	200 Meter Dash	Women
7:15 PM	3,000 Meters	Men
7:40 PM	3,000 Meters	Women
8:05 PM	4x400 Meter Relay	Men
8:25 PM	4x400 Meter Relay	Women

### Field Events

Time	Event	Gender
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11:00 AM	Shot Put	Men
11:00 AM	High Jump	Women
1:30 PM	Pole Vault	Men
1:30 PM	Shot Put	Women
1:45 PM	Long Jump	Women
2:15 PM	Long Jump	Men
4:00 PM	Weight Throw	Men
5:15 PM	Triple Jump	Women
5:30 PM	Triple Jump	Men
5:45 PM	Pole Vault	Women
6:30 PM	Weight Throw	Women
6:45 PM	High Jump	Men