



ARKANSAS TWILIGHT

FRIDAY, MAY 3, 2024

SCHEDULE OF EVENTS

FIELD EVENTS – FRIDAY

Time	Event	Gender
10:45 AM	Hammer Throw	Women
11:50 AM	Hammer Throw	Men
12:30 PM	Discus Throw	Women
1:20 PM	Discus Throw	Men
3:15 PM	Javelin Throw	Women
3:15 PM	Pole Vault	Men
3:40 PM	Triple Jump	Women
4:00 PM	Javelin Throw	Men
4:20 PM	Triple Jump	Men
4:45 PM	Shot Put	Women
5:00 PM	High Jump	Women
5:15 PM	Long Jump	Women
5:55 PM	Shot Put	Men
6:00 PM	Pole Vault	Women
6:40 PM	High Jump	Men
6:50 PM	Long Jump	Men

RUNNING EVENTS – FRIDAY

Time	Event	Gender
4:25 PM	<i>Senior Recognition</i>	
4:55 PM	<i>National Anthem</i>	
5:00 PM	4 x 100 Meters Relay	Women
5:05 PM	4 x 100 Meters Relay	Men
5:10 PM	3,000 Meters	Women
5:22 PM	3,000 Meters	Men
5:32 PM	3,000 Meters Steeplechase	Women
5:45 PM	3,000 Meters Steeplechase	Men
5:55 PM	100 Meters	Women
6:03 PM	100 Meters	Men
6:10 PM	400 Meters	Women
6:18 PM	400 Meters	Men
6:25 PM	100 Meter Hurdles	Women
6:33 PM	110 Meter Hurdles	Men
6:40 PM	800 Meters	Women
6:50 PM	800 Meters	Men
7:03 PM	200 Meters	Women
7:10 PM	200 Meters	Men
7:18 PM	400 Meter Hurdles	Women
7:25 PM	400 Meter Hurdles	Men
7:30 PM	1,500 Meters	Women
7:50 PM	1,500 Meters	Men
8:05 PM	4 x 400 Meters Relay	Women
8:10 PM	4 x 400 Meters Relay	Men