



# ARKANSAS SPRING INV

SATURDAY, APRIL 12, 2025

## MEET INSTRUCTIONS

### PACKETS

- Coaches may pick up team packets at John McDonnell Field on Friday from 4:00pm to 7:00pm or Saturday 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 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 the John McDonnell Field without appropriate access credential.
- Athlete & Staff wristbands will be included in each packet. Athletes will wear **GREEN** wristband while Coaches & Support Staff will wear **PURPLE** wristbands.

### PRACTICE AT JOHN MCDONNELL FIELD

- John McDonnell Field will be open for practice from 4:00pm to 7:00pm on Friday evening. The weight room at the Frank O'Mara Center will be open from 4:00pm to 7:00pm on Friday evening. Weight room hours on Friday are by appointment only (email Steven Strobis at [sstrobis@uark.edu](mailto:ssstrobis@uark.edu)). We kindly request that a coach be present while athletes are utilizing the weight room.

### FACILITY ACCESS

- John McDonnell Field will open to competitors and coaches beginning two hours before competition begins on Friday.
- 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).

### TEAM DROP-OFF AND PARKING

- Team buses and vans should drop athletes at the bus drop-off area on Meadow Street near the entrance to Parking Lot #307 on the east side of the track. Buses should NOT enter the parking lot.
- On Friday, team vans and cars should park at Position 2 on the attached venue map if arriving before 5:00pm. Parking after 5:00pm on Friday and any time on Saturday is open parking. Please see enclosing parking map.
- Buses should park in the Baum West Parking Lots, south on Razorback Road at the Randal Tyson Indoor Track Center (map: <https://parking.uark.edu/parkmap.pdf>)

### TEAM CAMP AREAS

- For this year's meet, we do not have access to either the indoor or outdoor football practice facilities.
- All teams should set up their team camp areas in the bleachers on the west side of the facility. Athletic trainers should set up tables in the concourse area underneath the west stands.

### WARM-UPS

- Because we do not have access to the football practice facilities this weekend, all warm-ups should occur either outside the competition venue or be conducted safely on the track and/or infield with an eye towards competing athletes in other events.
- Only athletes actively warming up for their event or in the midst of competition are permitted on the competition track. Please be mindful of other events and leave the competition area after the conclusion of your event.
- Horizontal Jumps and Throws will utilize 20 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 warm-up period not greater than 90 minutes, while high jump athletes will be permitted a warm-up period not greater than 45 minutes. In the high jump, all competitors must have their measured marks in place a minimum of 30 minutes prior to the start of competition.

### COMPETITOR'S BIBS

- Competitor's bibs will be worn on the front in all events, except the jumping events where athletes may choose to wear the bib on their back.

### IMPLEMENT INSPECTION

- Implement inspection will begin on Friday at 9:30am 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.



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### COMPETITION EQUIPMENT

- UCS starting blocks and hurdles will be provided for use in warm-ups and competition. No other starting blocks or hurdles may be utilized during the competition.

### SPIKES

- Athletes may only use 1/4" or 9mm 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).

### RESULTS

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

### SPORTS MEDICINE

- 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.

### 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 the horizontal jumps and throwing events, this occurs by checking in with the official at the field event site not less than 20 minutes before the scheduled start of first flight of the event. Athletes in the pole vault and high jump must check in not less than 35 minutes before the scheduled start of the event. Athletes not declared by this time will be scratched.

### 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 at the 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 their 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' 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.
  2. 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.
  3. Athletes will be escorted from the Clerk's Tent to the starting line for their event.
  4. At the conclusion of the 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.

### FIELD EVENT INFORMATION

- Field event athletes should check in NOT later than the final declaration times listed above. If there are multiple flights of an event, athletes must check in with the official at their event site prior to start of the first flight. Athletes not checked in by this time will be scratched from their event.
- Horizontal Jumps and Throws will utilize 20 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 warm-up period not greater than 90 minutes, while high jump athletes will be permitted a warm-up period not greater than 45 minutes. In the high jump, all competitors must have their measured marks in place a minimum of 30 minutes prior to the start of competition.
- 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.
  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.



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### 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 infield grass.
  - The runway is 58 meters and has a landing pit of 8 meters.
  - In the long jump, the men's take-off board is 3 meters from the landing pit
  - In the triple jump, the men's take of board is 13 meters from the landing pit.
  - No taped boards will be utilized in the horizontal jumps.
- Women's horizontal jumping events will utilize the runway closest to the track oval.
  - The runway is 58 meters and has a landing pit of 8 meters.
  - In the long jump, the women's take-off board is 3 meters from the landing pit
  - In the triple jump, the women's take of board is 11 meters from the landing pit
  - No taped boards will be utilized in the horizontal jumps.
- The pole vault runway is 45 meters to the back of the box.

### PLAYER GUEST TICKETS/SPECTATOR ATTENDANCE POLICY

- 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](mailto:downsm@uark.edu)) by 5:00pm on Friday, April 11. Your pass list will be placed at the ticket office tent. Teams will be invoiced for all tickets requested at a group rate of \$5 per ticket (Adult general admission ticket price is \$10). General admission tickets, for institutions that do not wish to utilize a pass list, will be available for sale on-site. All guests, including children need a ticket to attend the meet. To assist our ticket office staff, please submit your pass list in alphabetical order by player's last name.



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## SCHEDULE OF EVENTS

### Running Events

Time	Event	Gender
12:55 PM	National Anthem	
1:00 PM	3,000 Meter Steeplechase	Men
1:13 PM	3,000 Meter Steeplechase	Women
1:30 PM	4x100 Meter Relay	Men
1:37 PM	4x100 Meter Relay	Women
1:45 PM	1,500 Meters	Men
2:00 PM	1,500 Meters	Women
2:15 PM	110 Meter Hurdles	Men
2:27 PM	100 Meter Hurdles	Women
2:40 PM	100 Meters	Men
2:55 PM	100 Meters	Women
3:15 PM	<i>FASTEST KID IN FAYETTEVILLE 100M</i>	
3:45 PM	400 Meters	Men
4:05 PM	400 Meters	Women
4:25 PM	800 Meters	Men
4:40 PM	800 Meters	Women
4:50 PM	400 Meter Hurdles	Men
5:05 PM	400 Meter Hurdles	Women
5:15 PM	200 Meters	Men
5:30 PM	200 Meters	Women
5:45 PM	800 Meters Invitational	Men
5:52 PM	800 Meters Invitational	Women
5:55 PM	3,000 Meters	Men
6:05 PM	3,000 Meters	Women
6:20 PM	1,500 Meters Invitational	Men
6:27 PM	1,500 Meters Invitational	Women
6:35 PM	4x400 Meter Relay	Men
6:50 PM	4x400 Meter Relay	Women

### Field Events

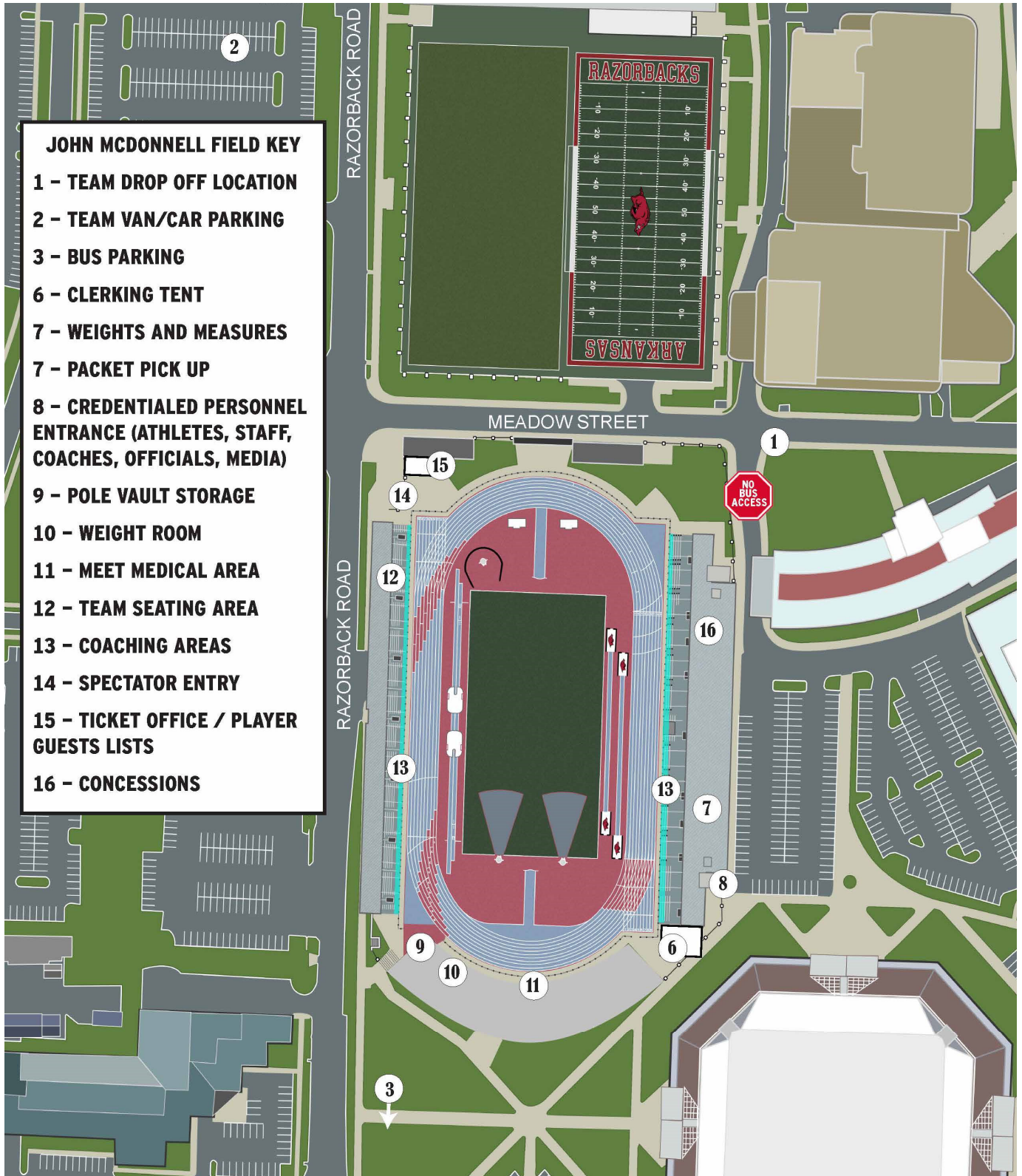
Time	Event	Gender
11:15 AM	Discus	Women
12:00 PM	Discus	Men
1:45 PM	High Jump	Men
2:10 PM	Shot Put	Men
2:15 PM	Pole Vault	Men
3:10 PM	Javelin	Women
3:15 PM	Long Jump	Men
3:30 PM	Long Jump	Women
4:30 PM	Pole Vault	Women
4:30 PM	High Jump	Women
5:00 PM	Javelin	Men
5:15 PM	Triple Jump	Men
5:30 PM	Triple Jump	Women



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## VENUE MAP





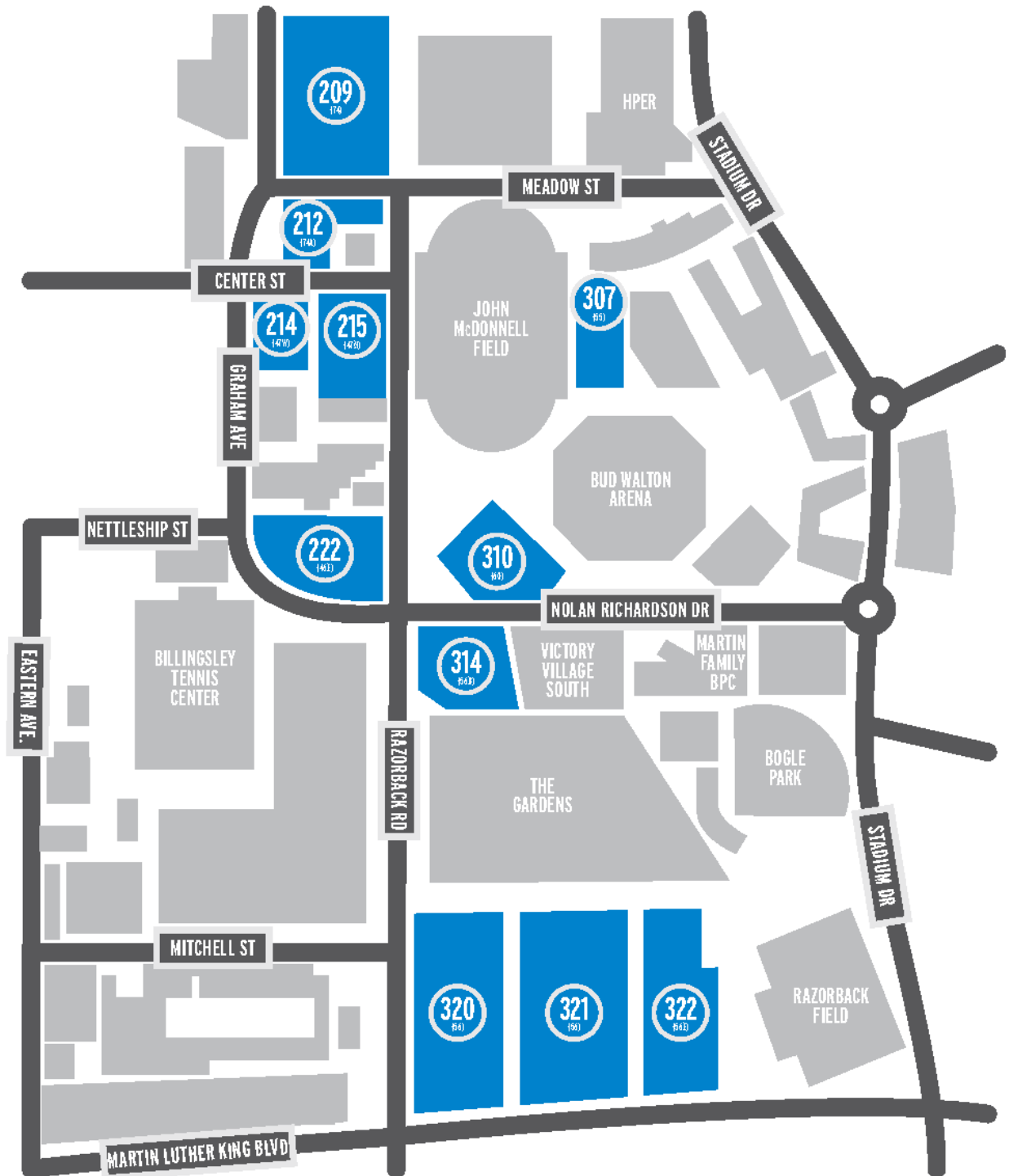


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## PARKING MAP

**FREE PARKING ON SATURDAY**



**BUS PARKING**