



JOHN MCDONNELL INV

FRIDAY, APRIL 25, 2025

MEET INSTRUCTIONS

PACKETS

- Coaches may pick up team packets at John McDonnell Field on Thursday from 4:00pm to 7:00pm or Friday after 8:30am. Team Packets will be located in the officials/weights and measures area (Position 7 on venue map).
- 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 **BLUE** wristband while Coaches & Support Staff will wear **GREEN** wristbands.

PRACTICE AT JOHN MCDONNELL FIELD

- John McDonnell Field will be open for practice from 4:00pm to 7:00pm on Thursday 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. 0
- 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.
Athlete wristband is **BLUE**. Staff wristband is **GREEN**

TEAM DROP-OFF AND PARKING

- 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.
- Team vans and cars should park at Position 2 on the attached venue map if arriving before 5:00pm. Parking after 5:00pm is open. 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

- All teams should set up their team camp location on the football practice fields/ warm-up facility.
- To reserve a tent on the outdoor field, please contact In Tents Party Rentals. Individual team pop-up style tents are permitted on the warm-up field, but not in the grandstands at John McDonnell Field.

WARM-UPS

- No warm-ups will be permitted on the competition track. Athletes should use the warm-up facility located on the outdoor practice football fields or warm-up outside the venue.
- 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 90minutes, 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.



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IMPLEMENT INSPECTION

- Implement inspection will begin on Friday at 9:00am 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.

COMPETITION EQUIPMENT

- UCS starting blocks and hurdles will be provided for use 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 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.

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 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 football practice fields for competition day warm-up. 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 **7-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



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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 will have access to the football practice fields for competition day warm-up. 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.

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-off 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 travel oval.
 - 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-off 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) by 5:00pm on Thursday, April 24. Your pass list will be placed at the ticket office window. 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 do 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
2:40 PM	<i>National Anthem</i>	
2:45 PM	4 x 100 Meters Relay	Men
2:55 PM	4 x 100 Meters Relay	Women
3:05 PM	3,000 Meter Steeplechase	Men
3:15 PM	3,000 Meter Steeplechase	Women
3:30 PM	110 Meter Hurdles	Men
3:45 PM	100 Meter Hurdles	Women
4:00 PM	400 Meters	Men
4:20 PM	400 Meters	Women
4:40 PM	100 Meters	Men
4:55 PM	100 Meters	Women
5:10 PM	400 Meter Hurdles	Men
5:25 PM	400 Meter Hurdles	Women
5:40 PM	300 Meter Hurdles Invitational	Women
5:45 PM	800 Meters	Men
6:00 PM	800 Meters	Women
6:15 PM	<i>Student 4 x 100m Relay</i>	
6:20 PM	200 Meters	Men
6:40 PM	200 Meters	Women
7:00 PM	300 Meters Invitational	Women
7:05 PM	1,500 Meters	Men
7:25 PM	1,500 Meters	Women
7:45 PM	4 x 400 Meters Relay	Men
8:00 PM	4 x 400 Meters Relay	Women
8:10 PM	5,000 Meters	Men
8:30 PM	5,000 Meters	Women

Field Events

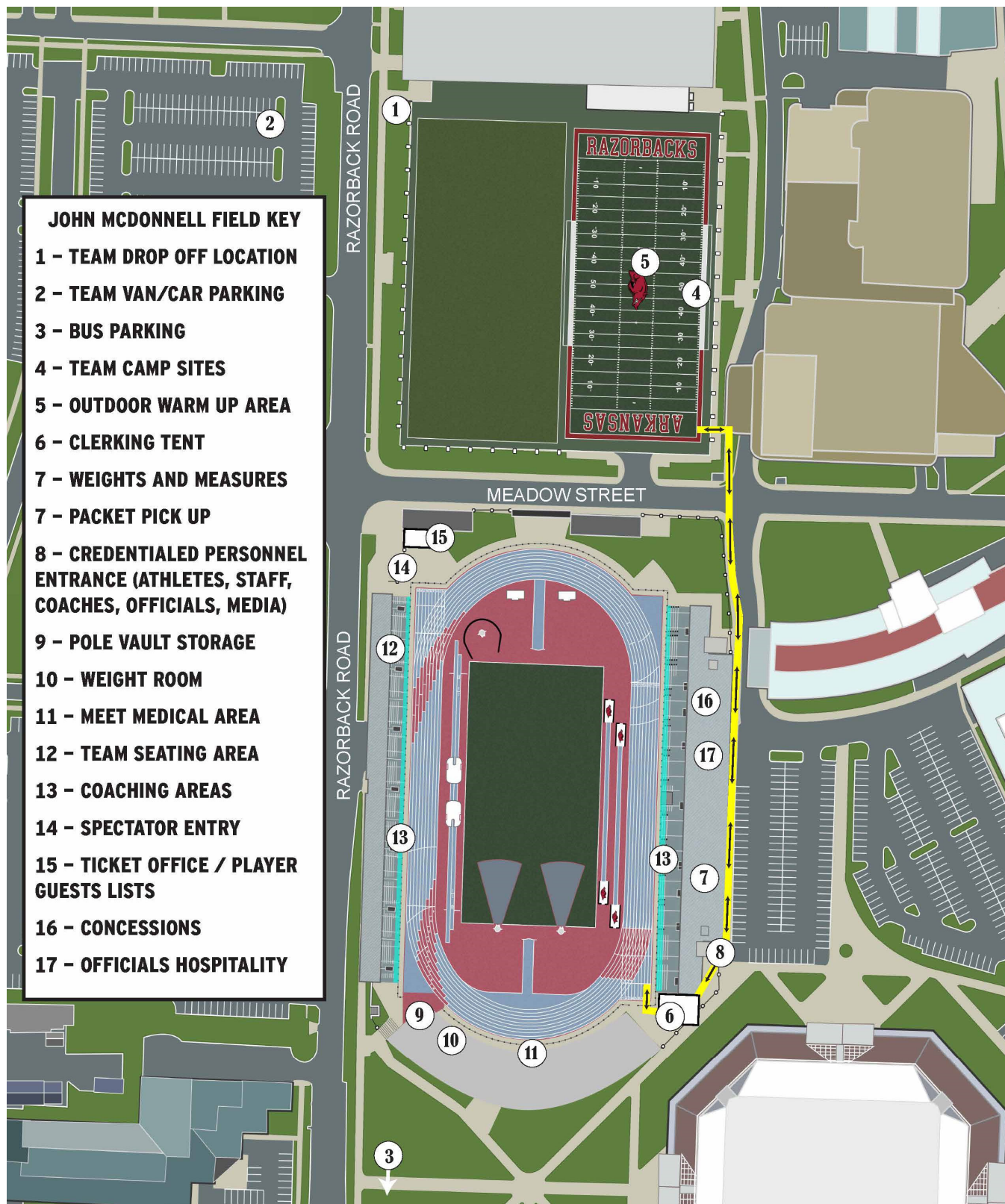
Time	Event	Gender
10:30 AM	Discus Throw	Women
12:00 PM	Discus Throw	Men
2:00 PM	Shot Put	Women
3:00 PM	Pole Vault	Women
3:30 PM	Long Jump	Men
3:30 PM	Shot Put	Men
3:30 PM	High Jump	Men
3:45 PM	Long Jump	Women
5:15 PM	Javelin Throw	Women
6:15 PM	High Jump	Women
6:30 PM	Triple Jump	Men
6:30 PM	Pole Vault	Men
6:45 PM	Triple Jump	Women
7:00 PM	Javelin Throw	Men



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VENUE MAP





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PARKING MAP



BUS PARKING