



# ARKANSAS INVITATIONAL

FRIDAY, JANUARY 16, 2026

## FINAL SCHEDULE OF EVENTS

### RUNNING EVENTS

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

### FIELD EVENTS

12:00 PM Shot Put Men  
12:30 PM Pole Vault Women  
2:30 PM Long Jump Men  
2:45 PM Long Jump Women  
3:00 PM Shot Put Women  
4:30 PM Weight Throw Men  
5:00 PM Pole Vault Men  
6:00 PM Triple Jump Men  
6:15 PM Triple Jump Women  
6:20 PM High Jump Men  
6:20 PM High Jump Women  
7:00 PM Weight Throw Women

