



ARKANSAS INVITATIONAL

FRIDAY, JANUARY 16, 2026

TENTATIVE SCHEDULE OF EVENTS

Running Events

Time	Event	Gender
12:45 PM	60 Meter Hurdles Qualifying Round	Women
1:00 PM	60 Meter Hurdles Qualifying Round	Men
1:15 PM	60 Meter Dash Qualifying Round	Women
1:35 PM	60 Meter Dash Qualifying Round	Men
1:55 PM	National Anthem	
2:00 PM	1 Mile Run	Women
2:30 PM	1 Mile Run	Men
2:55 PM	1000 Meter Run	Women
3:03 PM	1000 Meter Run	Men
3:15 PM	60 Meter Hurdles Prelims	Women
3:25 PM	60 Meter Hurdles Prelims	Men
3:35 PM	400 Meter Dash	Women
3:55 PM	400 Meter Dash	Men
4:15 PM	60 Meter Dash Prelims	Women
4:25 PM	60 Meter Dash Prelims	Men
4:35 PM	600 Meter Run	Women
4:50 PM	600 Meter Run	Men
5:05 PM	60 Meter Hurdles Final	Women
5:10 PM	60 Meter Hurdles Final	Men
5:15 PM	60 Meter Dash Final	Women
5:20 PM	60 Meter Dash Final	Men
5:23 PM	800 Meter Run	Women
5:35 PM	800 Meter Run	Men
5:45 PM	300 Meter Dash	Women
5:55 PM	300 Meter Dash	Men
6:05 PM	200 Meter Dash	Women
6:35 PM	200 Meter Dash	Men
6:55 PM	3,000 Meters	Women
7:25 PM	3,000 Meters	Men
7:45 PM	4x400 Meter Relay	Women
8:00 PM	4x400 Meter Relay	Men

Field Events

Time	Event	Gender
12:00 PM	Shot Put	Men
12:30 PM	Pole Vault	Women
2:30 PM	Shot Put	Women
2:30 PM	Long Jump	Men
2:45 PM	Long Jump	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
6:30 PM	Weight Throw	Women