



# ARKANSAS TWILIGHT

FRIDAY- MAY 8, 2026

## Running Events

Time	Event	Gender
4:25 PM	Senior Recognition	
4:55 PM	National Anthem	
5:00 PM	4 x 100 Meters Relay	Men
5:05 PM	4 x 100 Meters Relay	Women
5:10 PM	3,000 Meters	Men
5:20 PM	3,000 Meters Steeplechase	Men
5:30 PM	3,000 Meters Steeplechase	Women
5:45 PM	100 Meters	Men
5:55 PM	100 Meters	Women
6:00 PM	400 Meters	Men
6:10 PM	400 Meters	Women
6:20 PM	110 Meter Hurdles	Men
6:25 PM	100 Meter Hurdles	Women
6:30 PM	800 Meters	Men
6:45 PM	800 Meters	Women
6:55 PM	200 Meters	Men
7:05 PM	200 Meters	Women
7:10 PM	400 Meter Hurdles	Men
7:15 PM	400 Meter Hurdles	Women
7:20 PM	1,500 Meters	Men
7:40 PM	1,500 Meters	Women
7:55 PM	4 x 400 Meters Relay	Men
8:00 PM	4 x 400 Meters Relay	Women

## Field Events

Time	Event	Gender
12:30 PM	Discus Throw	Women
1:10 PM	Discus Throw	Men
3:15 PM	Javelin Throw	Women
3:30 PM	Pole Vault	Women
3:45 PM	Long Jump	Men
4:15 PM	Javelin Throw	Men
5:00 PM	High Jump	Women
5:30 PM	Shot Put	Women
5:35 PM	Long Jump	Women
6:20 PM	Shot Put	Men
6:30 PM	Pole Vault	Men
6:45 PM	High Jump	Men
7:00 PM	Triple Jump	Men