



# ARKANSAS TWILIGHT

## FRIDAY- MAY 8, 2026

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### MEET INFORMATION:

<b>Entry Procedure</b>	<p>Entry into all meets hosted by the University of Arkansas is by invitation only. Teams and individuals interested in competing must request an invitation by emailing Danny Green at <a href="mailto:dgreen2@uark.edu">dgreen2@uark.edu</a>. Teams and individuals granted an invitation to compete will be given access to enter online at Athletic.Net. All entry fees must be paid online on Athletic.Net.</p> <p>When entering, please submit marks that were achieved during the 2025 or 2026 seasons only. Meet management reserves the right to select which entries will be accepted and in which sections entrants will be placed.</p>
<b>Individual Entries</b>	<p>A limited number of open and unattached entries will be accepted to enhance the fields for the meet. Interested individuals must request an invitation by e-mailing Danny Green at <a href="mailto:dgreen2@uark.edu">dgreen2@uark.edu</a>. Please include (1) the event(s) for which you are requesting entry and (2) your performances in those event(s) from 2025 or 2026. Not all requests will be granted an invitation. Approved athletes will be sent an email with further entry instructions</p>
<b>Entry Deadline</b>	<p>All entries are due online at Athletics.Net by <b>5:00 p.m. Central Time on Monday, May 4.</b></p>
<b>Accepted Entries</b>	<p>A list of accepted entries will be sent to coaches by 5:00 p.m. on Tuesday, May 5.</p>
<b>Entry Fee Structure</b>	<p>Entry fees are \$50 per entry for up to ten entries per gender per school. After ten entries, a team charge of \$750 per team, per gender will be charged. All entry fees must be paid in full on Athletic.Net before the close of entries.</p>
<b>Field Sizes</b>	<p>It may be necessary for meet management to limit both the number of teams competing and the number of athletes accepted for each event. Meet management reserves the right to select which entries will be accepted and in which sections entrants will be placed. <u>A maximum of 16 athletes will be selected for participation in each field event.</u></p>
<b>Schedule of Events</b>	<p>The time schedule will be revised based upon the entries received. The final schedule will be sent to coaches and posted on <a href="http://ArkansasRazorbacks.com">ArkansasRazorbacks.com</a> on Wednesday, May 6.</p>
<b>Practice Times</b>	<p>The facility will be available for practice for college/open competitors on Thursday from 4:00 p.m. to 7:00 p.m.</p>
<b>Facility Access</b>	<p>John McDonnell Field will open to competitors and coaches two hours prior to the start of competition each day. Only athletes will be permitted inside the competition areas.</p>
<b>Spikes</b>	<p>Athletes may only use pyramid spikes. 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.</p>
<b>Packets</b>	<p>Coaches may pick up team packets at John McDonnell Field on Thursday from 4:00 p.m. to 7:00 p.m. and Friday beginning at 8:30 a.m.</p> <p>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.</p>



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## 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 field events, this occurs by checking in with the official at the field event site not less than 20 minutes before the scheduled start of the athletes scheduled flight.

## Implement Inspection

Implement inspection will begin on Friday at 8:30 a.m. at the weights and measures area the South Concession Stand. All implements must be inspected not later than ninety minutes before the scheduled start of the event. Implements will be impounded until they are brought by the officials to the event site.

## Results

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

<b>UNTTACHED ATHLETE ENTRY STANDARDS</b>			
	<b>MEN</b>		<b>WOMEN</b>
<b>LONG JUMP</b>	7.85 METERS	<b>LONG JUMP</b>	6.55 METERS
<b>TRIPLE JUMP</b>	16.45 METERS	<b>TRIPLE JUMP</b>	13.30 METERS
<b>HIGH JUMP</b>	2.20 METERS	<b>HIGH JUMP</b>	1.83 METERS
<b>POLE VAULT</b>	5.60 METERS	<b>POLE VAULT</b>	4.45 METERS
<b>SHOT PUT</b>	20.35 METERS	<b>SHOT PUT</b>	17.20 METERS
<b>JAVELIN</b>	70.00 METERS	<b>JAVELIN</b>	50.00 METERS
<b>HAMMER</b>	67.00 METERS	<b>HAMMER</b>	65.00 METERS
<b>DISCUS</b>	60.00 METERS	<b>DISCUS</b>	56.00 METERS
<b>100M</b>	10.20	<b>100M</b>	11.30
<b>200M</b>	20.50	<b>200M</b>	23.50
<b>400M</b>	46.00	<b>400M</b>	53.00
<b>800M</b>	1:50	<b>800M</b>	2:07
<b>1500M</b>	3:45	<b>1500M</b>	4:20
<b>110HH</b>	13.60	<b>110HH</b>	13.60
<b>400IH</b>	50.50	<b>400IH</b>	57.50
<b>5000M</b>	14:00	<b>5000M</b>	16:30
<b>3K STEEPLE</b>	8:45	<b>3K STEEPLE</b>	10:10

<b>NON INVITED TEAM INDIVIDUAL ENTRY STANDARDS</b>			
<b>2026 TFRS ONLY</b>			
	<b>MEN</b>		<b>WOMEN</b>
<b>LONG JUMP</b>	7.50 METERS	<b>LONG JUMP</b>	6.00 METERS
<b>TRIPLE JUMP</b>	15.40 METERS	<b>TRIPLE JUMP</b>	12.40 METERS
<b>HIGH JUMP</b>	2.10 METERS	<b>HIGH JUMP</b>	1.75 METERS
<b>POLE VAULT</b>	5.15 METERS	<b>POLE VAULT</b>	4.05 METERS
<b>SHOT PUT</b>	17.00 METERS	<b>SHOT PUT</b>	15.00 METERS
<b>JAVELIN</b>	61.00 METERS	<b>JAVELIN</b>	45.00 METERS
<b>HAMMER</b>	61.00 METERS	<b>HAMMER</b>	56.00 METERS
<b>DISCUS</b>	52.00 METERS	<b>DISCUS</b>	49.00 METERS
<b>100M</b>	10.40	<b>100M</b>	11.60
<b>200M</b>	21.00	<b>200M</b>	23.90
<b>400M</b>	47.00	<b>400M</b>	54.00
<b>800M</b>	1:51.	<b>800M</b>	2:09
<b>1500M</b>	3:50	<b>1500M</b>	4:30
<b>110HH</b>	13.90	<b>110HH</b>	13.70
<b>400IH</b>	52.00	<b>400IH</b>	59.50
<b>4X100M RELAY</b>	40.00	<b>4X100M RELAY</b>	45.00
<b>4X400M RELAY</b>	3:06.00	<b>4X400M RELAY</b>	3:40.00