



ARKANSAS SPRING INVITATIONAL

SATURDAY, APRIL 11, 2026

Running Events

Time	Event	Gender
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FINAL SCHEDULE

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12:55 PM	National Anthem	
1:00 PM	3,000 Meter Steeplechase	Men
1:15 PM	3,000 Meter Steeplechase	Women
1:30 PM	4x100 Meter Relay	Men
1:40 PM	4x100 Meter Relay	Women
1:45 PM	1,500 Meters	Men
2:05 PM	1,500 Meters	Women
2:20 PM	110 Meter Hurdles	Men
2:35 PM	100 Meter Hurdles	Women
2:50 PM	100 Meters	Men
3:00 PM	100 Meters	Women
3:15 PM	400 Meters	Men
3:30 PM	400 Meters	Women
3:50 PM	800 Meters	Men
4:05 PM	800 Meters	Women
4:25 PM	400 Meter Hurdles	Men
4:40 PM	400 Meter Hurdles	Women
5:00 PM	200 Meters	Men
5:20 PM	200 Meters	Women
5:40 PM	800 Meters Invitational	Men
5:50 PM	800 Meters Invitational	Women
6:00 PM	3,000 Meters	Men
6:15 PM	3,000 Meters	Women
6:30 PM	1,500 Meters Invitational	Men
6:35 PM	1,500 Meters Invitational	Women
6:45 PM	4x400 Meter Relay	Men
7:00 PM	4x400 Meter Relay	Women

Field Events

Time	Event	Gender
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11:15 AM	Discus	Women
12:00 PM	Discus	Men
1:45 PM	High Jump	Men
2:10 PM	Shot Put	Men
2:15 PM	Pole Vault	Men
3:10 PM	Javelin	Women
3:15 PM	Long Jump	Men
3:30 PM	Long Jump	Women
3:45 PM	Shot Put	Women
4:30 PM	Pole Vault	Women
4:30 PM	High Jump	Women
5:00 PM	Javelin	Men
5:15 PM	Triple Jump	Men
5:30 PM	Triple Jump	Women