



ARKANSAS TWILIGHT

FRIDAY- MAY 8, 2026 FINAL SCHEDULE

Running Events

| Time | Event | Gender |
|----------------|--------------------------------|--------|
| 4:10 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 |
| 5:15 PM | 3,000 Meters Steeplechase | Men |
| 5:25 PM | 3,000 Meters Steeplechase | Women |
| 5:45 PM | 110 Meter Hurdles | Men |
| 5:55 PM | 100 Meter Hurdles | Women |
| 6:05 PM | 400 Meters | Men |
| 6:15 PM | 400 Meters | Women |
| 6:25 PM | 300 Meters Invitational | Women |
| 6:30 PM | 100 Meters | Men |
| 6:35 PM | 100 Meters | Women |
| 6:40 PM | 800 Meters | Men |
| 6:55 PM | 800 Meters | Women |
| 7:05 PM | 200 Meters | Men |
| 7:20 PM | 200 Meters | Women |
| 7:35 PM | 400 Meter Hurdles | Men |
| 7:45 PM | 400 Meter Hurdles | Women |
| 7:55 PM | 300 Meter Hurdles Invitational | Women |
| 8:00 PM | 1,500 Meters | Men |
| 8:20 PM | 1,500 Meters | Women |
| 8:40 PM | 4 x 400 Meters Relay | Men |
| 8:45 PM | 4 x 400 Meters Relay | Women |

Field Events

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