

ARKANSAS HIGH SCHOOL INVITATIONAL
INDOOR TRACK & FIELD MEET

UNIVERSITY OF ARKANSAS, FAYETTEVILLE, ARKANSAS
JANUARY 10, 2009

COMPETITION REQUIREMENTS: Open to all athletes who are in high school. Athletes may compete for their high school, track club or as an unattached individual.

ENTRY LIMITATIONS: Athletes may compete in two (2) events. Competing on a relay does not count for one of these events.

NUMBER OF ENTRIES PER EVENT: Each school or club may enter three (3) athletes per event. Your team is limited to one relay per event.

FACILITY: Randal Tyson Track Center is located on 1380 Beachwood, west of Baum Baseball Stadium, south of the campus. The track is six lanes, banked mondo surface. Eight lanes will be used for both the 60-meter dash and 60-meter hurdles.

AWARDS: Awards will be given to the top three finishers in each event.

ENTRY FEE: \$25 per individual or a special rate of \$300 per team, per gender. Make checks payable to the University of Arkansas. We will accept checks, money orders, or cash, no school PO's or credit cards. Please make scratches for all athletes not competing. Teams will be charged for all athletes that are entered, regardless of whether they compete or not.

ENTRY FORM: Make all meet entries at www.flashresults.com. No faxed or mailed entries will be accepted.

ENTRY DEADLINE: Entries must be received no later than Monday, January 5, 2009 @ 5:00 p.m. CST. Scratches can be made up until this time.

HOUSING: The following hotels are available close to the University of Arkansas campus.

Clarion Hotel	479-521-1166	1 mile
Windsor Suites	479-587-1400	1 mile
Radisson Hotel	479-442-5555	2 miles
Fairfield Inn	479-587-8600	7 miles
Park Inn Limited	479-575-0777	1 mile
Hampton Inn	479-587-8300	1 mile
Super 8	479-521-8866	1 mile
Quality Inn	479-444-9800	1 mile
Village Lodge	479-552-3041	1 mile
Day's Inn	479-443-4323	5 miles
Motel 6	479-443-4351	6 miles
Holiday Inn	479-751-8300	12 miles

AIR TRAVEL: The following airports are available for travel:

- 1) Northwest Regional Airport: 27 miles from campus, provides the following airlines: American, US Air, Delta, Continental, and Northwest.
- 2) Tulsa International Airport: 117 miles from campus, provides most major carriers.

IMPORTANT INFORMATION: ONLY ¼ OR 7 MM CHRISTMAS TREE OR PYRAMID SPIKES WILL BE ALLOWED ON THE TRACK. Spikes will be available for purchase at the meet site. No music boxes will be allowed in Randal Tyson Track Center. Concession stands will be open. Standing around the track will not be allowed. All athletes, coaches, and spectators that are not in competition will be asked to sit in the stadium.

TRAINERS: The University of Arkansas Athletic Department will have trainers available during the meet. These trainers will not be available for massages. Water will be available for all athletes.

SEATING: The Randal Tyson Track Center seats 5,000 spectators.

WARM-UP AREA: Warm-ups will be allowed in the warm-up area in the south end of the Tyson Center, or outside. Jogging is not permitted on or around the racing oval. NO HEADPHONES, I-PODS, OR CELL PHONES ARE ALLOWED IN WARM-UP OR COMPETITION AREAS.

RESULTS: Results will be posted approximately 20 minutes after each event for coaches in the warm-up area on the north wall of the Randal Tyson Track Center and at www.flashresults.com.

PROTESTS: The coach must file a protest to the meet referee within 15 minutes of the event. No protests will be allowed after that time.

ATHLETE CHECK-IN: Athletes must check in at the clerk's table, located at the south end of the center, 20 minutes prior to the event. It is the responsibility of the athlete for the first call before the event. ATHLETES WHO MISS THE FINAL CHECK-IN WILL BE DISQUALIFIED FROM THE EVENT. The athlete will not be allowed to compete in another heat or section of the event.

HIP NUMBERS: Athletes are required to wear the hip numbers assigned to them at check in on the right side of their shorts.

BIB NUMBERS: Athletes must wear bib numbers on the front of competition jersey.