



# ARKANSAS<sup>®</sup>

## TRACK & FIELD

### ***RAZORBACK INVITATIONAL***

***JANUARY 29 - 30, 2016***

---

**ATTENDING TEAMS:**

ARKANSAS  
IOWA  
TEXAS

TEXAS A&M  
GEORGIA  
PURDUE

FLORIDA  
KANSAS  
OKLAHOMA

OREGON  
IOWA STATE  
OKLAHOMA ST.

L.S.U  
FLORIDA STATE  
U.C.L.A.

**Entry Information:**

- THE 2016 RAZORBACK INVITATIONAL WILL BE SCORED.
- Entries close: MONDAY, January 25, 2016@ 11:59pm.
- Unlimited entries per each event. Limit 2 relays per school.
- Please contact Danny Green at [dgreen@uark.edu](mailto:dgreen@uark.edu) / 479-575-2757 for any additional information.

**Entry Fee:** \$500.00 per gender per team per gender.

**Entry Procedure:**

All entries will be done online through Direct Athletics @ [www.directathletics.com](http://www.directathletics.com).  
For entry procedure questions go to: <http://www.directathletics.com/help.html>.  
If you have any questions, please contact Danny Green at [dgreen@uark.edu](mailto:dgreen@uark.edu)  
or call 479-575-2757.

**Packet Pick-Up/SCRATCH MEETING:**

THERE WILL BE A COACHES SOCIAL SPONSORED BY MONDO ON THURSDAY JANUARY 28 FROM 6:00-9:00PM  
AT BORDINO'S IN FAYETTEVILLE. PACKETS WILL BE AVAILABLE AND FLASH RESULTS WILL BE THERE TO MAKE ANY LAST MIN  
SCRATCHES.

**\*Final declarations occur at check-in for each event.**

- In all running events athletes must be checked in a minimum of 30 minutes prior to the event.
- Check in for running events will take place at the clerk's table in the Fowler warm up facility.
- In all field events athletes must be checked in a minimum of 30 minutes prior to the event.
- Check in for field events will take place at the competition venue.



# ARKANSAS®

## TRACK & FIELD

---

### ***RAZORBACK INVITATIONAL***

***JANUARY 29-30, 2016***

---

**TENTATIVE SCHEDULE** \*REVISED 1/13/16

**FRIDAY: 1/29/16**

**MULTI EVENTS**

11:00AM	PENTATHLON	WOMEN
11:15AM	HEPTATHLON	MEN

**RUNNING EVENTS**

6:00PM	5000M RUN	WOMEN
6:20PM	5000M RUN	MEN
6:40PM	200M DASH	WOMEN
7:10PM	200M DASH	MEN
7:40PM	DMR	WOMEN
8:00PM	DMR	MEN

**FIELD EVENTS**

3:00PM	POLE VAULT	WOMEN
4:00PM	WT. THROW	WOMEN
6:30PM	WT. THROW	MEN
6:30PM	POLE VAULT	MEN
7:00PM	LONG JUMP	WOMEN
7:00PM	LONG JUMP	MEN
7:30PM	HIGH JUMP	WOMEN
7:30PM	HIGH JUMP	MEN



# ARKANSAS®

## *TRACK & FIELD* *RAZORBACK INVITATIONAL* *JANUARY 29-30, 2016*

---

**TENTATIVE SCHEDULE** \*REVISED 1/13/16

**SATURDAY: 1/30/16**

**MULTI EVENTS**

**11:00AM HEPTATHLON MEN**

**RUNNING EVENTS**

**11:30AM 3000M WOMEN**

**11:45AM 3000M MEN**

**12:00PM 400M WOMEN**

**12:30PM 400M MEN**

**1:00PM 60M HH PRELIM WOMEN**

**1:10PM 60M HH PRELIM MEN**

**1:30PM 60M PRELIM WOMEN**

**1:50PM 60M PRELIM MEN**

**2:10PM 800M WOMEN**

**2:20PM 800M MEN**

**2:30PM MILE RUN WOMEN**

**2:40PM MILE RUN MEN**

**2:50PM 60M HH FINAL WOMEN**

**2:53PM 60M HH FINAL MEN**

**2:56PM 60M FINAL WOMEN**

**3:00PM 60M FINAL MEN**

**3:05PM 3000M INVITATIONAL WOMEN**

**3:20PM 3000M INVITATIONAL MEN**

**3:35PM 800M INVITATIONAL WOMEN**

**3:40PM 800M INVITATIONAL MEN**

**3:50PM MILE INVITATIONAL WOMEN**

**4:00PM MILE INVITATIONAL MEN**

**4:15PM 4X400M RELAY WOMEN**

**4:30PM 4X400M RELAY MEN**

**FIELD EVENTS**

**1:00PM SHOT PUT WOMEN**

**3:00PM SHOT PUT MEN**

**2:00PM TRIPLE JUMP WOMEN**

**2:00PM TRIPLE JUMP MEN**



# ARKANSAS<sup>®</sup>

## ***TRACK & FIELD RAZORBACK INVITATIONAL JANUARY 29-30, 2016***

---

***The 2016 Razorback Invitational will be scored.***

***Scoring:***

<b><i>Individual</i></b>	<b><i>10,8,6,5,4,3,2,1</i></b>
<b><i>Relay</i></b>	<b><i>10,8,6,5,4,3,2,1</i></b>

***Preferred Lanes:***

<b><i>Straight Races:</i></b>	<b><i>4,5,3,6,2,7,1,8</i></b>
<b><i>200-400:</i></b>	<b><i>5,6,4,3,2,1</i></b>

***ADVANCEMENT PROCEDURE: Field Events – 9 advance to final***

**OPENING HEIGHTS:**

<b>Women Pole Vault – 3.80</b>	<b>Women High Jump – 1.65</b>
<b>Men Pole Vault – 4.90</b>	<b>Men High Jump – 2.00</b>

- ***Progressions will be set at after entries close.***

***WARM UPS: ALL WARM UPS WILL BE AT THE FOWLER TRACK AND BASEBALL FACILITY LOCATED AT THE FRONT OF THE TYSON CENTER.***

***WEIGH-IN:*** The implement room is located on the East wall of the Fowler center. Implements can be checked-in 2 hours prior to the start of the day's competitions and up to 45 minutes prior to the event. The implement room will be closed 45 minutes after the completion of the last throwing event of the day.

***WEIGHT ROOM FACILITIES: THE TYSON WEIGHT ROOM WILL BE OPEN FROM 6:00-8:00PM ON THURSDAY JANUARY 28. IF YOU REQUIRE ADDITIONAL TIME PLEASE CONTACT MAT CLARK, 515-520-9577.***

**TRAINING ROOM FACILITIES:** Please contact Cole Peterson, ATC, 479-422-3525

## Spike Recommendations for Super X and Mondotrack FROM MONDO:

There are some erroneous documents out there that suggest that compression spikes (also called christmas tree spikes) are not allowed on Mondo tracks. We'd like to set the record straight and remind our clients that there is only one official document for recommended spike use on our tracks. [Click here to download Bulletin 11-001 - Spike Recommendations For Super X and Mondotrack](#). For additional information please contact our technical department at [mondo@mondousa.com](mailto:mondo@mondousa.com).

- **1/4 OR 7MM PYRAMID OR CHRISTMAS TREE SPIKES ARE ALLOWED**
- **3/8 OR 9MM PYRAMID OR CHRISTMAS TREE SPIKES ARE ALLOWED IN THE HIGH JUMP ONLY**
- **PIN OR NEEDLE SPIKES OF ANY LENGTH ARE NOT ALLOWED IN THE TYSON CENTER**

### SPIKE TYPES

There are three main types of spikes: Pyramid, Needle (Pin) and Compression Tier (Christmas Tree). **THE PYRAMID AND COMPRESSION TIER SPIKES ARE PERMITTED FOR USE WITH SUPER X AND MONDOTRACK RUBBER SURFACES, BUT NEEDLE SPIKES SHOULD BE AVOIDED.**



 Pyramid Spikes



 Compression Spikes



 Needle Spikes