



ARKANSAS INVITATIONAL

FRIDAY, JANUARY 13, 2017

MEET INSTRUCTIONS

PLEASE READ ALL OF THIS INFORMATION CAREFULLY.

ENTERING AND EXITING THE COMPETITION TRACK

- For the safety of everyone, only athletes contesting the event will be permitted inside competition oval. There will be **NO** exceptions to this policy. We appreciate your cooperation.

RUNNING EVENTS INFORMATION

- Please make all scratches now for all events. To do this, please scratch your athletes with the Clerk located near the southwest corner of the Fowler Center. We appreciate you making these scratches as soon as possible.
- Athletes in running events may check in for all events at any time **BUT NO LATER** than **30 minutes** before the scheduled start of the event.
- Athletes in all running events will follow the same protocol, which is outlined below.
 1. Athletes must report to the Clerks' table located near the southwest corner of the Fowler Center **NOT** later than **30 minutes** before the scheduled start of the event. Athletes failing to report by this deadline will be scratched.
 2. Athletes will be asked to report back to the Clerk's area approximately **15 minutes** prior to the scheduled start time of their event.
 3. Athletes will be escorted from the Clerk's area to the final staging area inside the Tyson Center near the finish line and then to the starting line.
 4. At the conclusion of the running event, athletes must exit the track on the backstretch and return the final staging area to collect any warm-ups or belongings.

FIELD EVENT INFORMATION

- Field event athletes should check in **NOT** later than **20 minutes** before the scheduled start of the event at the field event site.
- Athletes in all field events will follow the same protocol, which is outlined below.
 1. Athletes must walk directly to the field event site by carefully crossing the track
 2. Athletes in field events must check-in with the appropriate official at the field event site and not with the Clerks.
 3. At the conclusion of the field event, athletes must exit the infield immediately.

COMPETITOR'S BIBS

- Competitor's bibs will be worn on the front in all events, except the vertical jumps where athletes may choose to wear the bib on their back.

ADMISSION TO THE MEET

- Athletes and coaches must wear the wristband included in the packet to enter the facility. Please use the entrance at the southwest corner of the Tyson Center.

WARM-UPS

- No warm-ups will be permitted in the Tyson Center at any time. Athletes should use the warm-up facilities located in the Fowler Center.

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 thirty 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 twenty minutes before the scheduled start of the event.

IMPLEMENT INSPECTION

- Implements must be inspected at the east end of the Fowler Center in the track storage room **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.

SPIKES

- Athletes may use only pyramid spikes that are 9mm or shorter. 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.

RESULTS

- Results will be posted on FlashResults.com



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Schedule of Events

Time	Running Event	Gender
3:00 PM	400 Meter Dash	Women
3:15 PM	400 Meter Dash	Men
3:30 PM	600 Meter Run	Women
3:40 PM	600 Meter Run	Men
3:50 PM	60 Meter Dash	Women
4:00 PM	60 Meter Dash Olympic Development	Women
4:05 PM	60 Meter Dash	Men
4:20 PM	60 Meter Dash Olympic Development	Men
4:25 PM	60 Meter Hurdles	Women
4:35 PM	60 Meter Hurdles	Men
4:45 PM	1000 Meter Run	Women
4:50 PM	1000 Meter Run	Men
5:00 PM	800 Meter Run	Women
5:05 PM	800 Meter Run	Men
5:15 PM	200 Meter Dash	Women
5:30 PM	200 Meter Dash Olympic Development	Women
5:35 PM	200 Meter Dash	Men
5:50 PM	200 Meter Dash Olympic Development	Men
5:55 PM	1 Mile Run	Women
6:10 PM	1 Mile Run	Men
6:25 PM	4x400 Meter Relay	Women
6:40 PM	4x400 Meter Relay	Men

Time	Field Event	Gender
1:00 PM	Shot Put	Men
1:00 PM	High Jump	Women
1:00 PM	Pole Vault	Women
2:00 PM	Long Jump	Men
2:00 PM	Long Jump	Women
3:00 PM	Shot Put	Women
3:45 PM	Weight Throw	Men
5:00 PM	Pole Vault	Men
5:00 PM	Triple Jump	Men
5:00 PM	Triple Jump	Women
5:30 PM	Weight Throw	Women
5:45 PM	High Jump	Men