



# **ARKANSAS HIGH SCHOOL INVITATIONAL**

## **SATURDAY, JANUARY 14, 2017**

### **MEET INSTRUCTIONS**

**PLEASE READ ALL OF THIS INFORMATION CAREFULLY.**

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#### **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](http://FlashResults.com)



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### Schedule of Events

<b>Time</b>	<b>Running Event</b>	<b>Gender</b>
9:00 AM	400 Meter Prelims	HS Girls
<i>Rolling Schedule</i>	400 Meter Prelims	HS Boys
	60 Meter Hurdles Prelims	HS Girls
	60 Meter Hurdles Prelims	HS Boys
	60 Meter Prelims	HS Girls
	60 Meter Prelims	HS Boys
	200 Meter Prelims	HS Girls
	200 Meter Prelims	HS Boys
3:00 PM	4x800 Meter Relay	HS Girls
<i>Rolling Schedule</i>	4x800 Meter Relays	HS Boys
	60 Meter Hurdles Final	HS Girls
	60 Meter Hurdles Final	HS Boys
	60 Meter Final	HS Girls
	60 Meter Final	HS Boys
	1 Mile	HS Girls
	1 Mile	HS Boys
	400 Meter Final	HS Girls
	400 Meter Final	HS Boys
	200 Meter Final	HS Girls
	200 Meter Final	HS Boys
	800 Meters	HS Girls
	800 Meters	HS Boys
	3000 Meters	HS Girls
	3000 Meters	HS Boys
	4x400 Meter Relay	HS Girls
	4x400 Meter Relay	HS Boys

<b>Time</b>	<b>Field Event</b>	<b>Gender</b>
9:00 AM	Shot Put	HS Girls
9:00 AM	Long Jump	HS Girls
9:00 AM	Long Jump	HS Boys
9:00 AM	High Jump (Opening Height = 4'9")	HS Girls
9:00 AM	High Jump (Opening Height = 5'8")	HS Boys
10:00 AM	Pole Vault (Opening Height = 9'0")	HS Girls
11:00 AM	Shot Put	HS Boys
1:00 PM	Triple Jump	HS Girls
1:00 PM	Triple Jump	HS Boys
2:00 PM	Pole Vault (Opening Height = 11'6")	HS Boys