



ARKANSAS SPRING INVITATIONAL

FRIDAY-SATURDAY, MARCH 24-25

Schedule of Events

Friday Field Events			
Time	Event	Gender	Section
3:30 PM	Hammer Throw	Men	
5:15 PM	Hammer Throw	Women	
6:45 PM	Discus	Women	

Friday-Saturday Multi Events			
Time	Event	Gender	Section
Fri. 12:00 PM	Heptathlon 100m Hurdles	Women	Heptathlon
Fri. 12:10 PM	Decathlon 100 Meters	Men	Decathlon
Fri. 12:40 PM	Heptathlon High Jump	Women	Heptathlon
Fri. 12:50 PM	Decathlon Long Jump	Men	Decathlon
Fri. 2:05 PM	Decathlon Shot Put	Men	Decathlon
Fri. 3:05 PM	Heptathlon Shot Put	Women	Heptathlon
Fri. 3:10 PM	Decathlon High Jump	Men	Decathlon
Fri. 4:10 PM	Heptathlon 200 Meters	Women	Heptathlon
Fri. 5:10 PM	Decathlon 400 Meters	Men	Decathlon

Sat. 10:00 AM	Decathlon 110 Meter Hurdles	Men	Decathlon
Sat. 10:40 AM	Decathlon Discus Throw	Men	Decathlon
Sat. 11:00 AM	Heptathlon Long Jump	Women	Heptathlon
Sat. 11:50 AM	Decathlon Pole Vault	Men	Decathlon
Sat. 12:15 PM	Heptathlon Javelin Throw	Women	Heptathlon
Sat. 1:40 PM	Heptathlon 800m	Women	Heptathlon
Sat. 2:15 PM	Decathlon Javelin Throw	Men	Decathlon
Sat. 3:30 PM	Decathlon 1500m	Men	Decathlon

*** Times for the heptathlon and decathlon are estimates. Events will begin based on the conclusion of the previous event. ***

Saturday Running Events			
Time	Event	Gender	Section
3:00 PM	3,000 Meter Steeplechase	Men	
3:15 PM	3,000 Meter Steeplechase	Women	
3:30 PM	Decathlon 1500 Meters	Men	Decathlon
3:40 PM	4x100 Meter Relay	Men	
3:50 PM	4x100 Meter Relay	Women	
4:00 PM	1,500 Meters	Men	
4:10 PM	1,500 Meters	Women	
4:20 PM	110 Meter Hurdles	Men	
4:30 PM	100 Meter Hurdles	Women	
4:45 PM	100 Meters	Men	
4:55 PM	100 Meters	Women	
5:05 PM	800 Meters	Men	
5:15 PM	800 Meters	Women	
5:25 PM	400 Meters	Men	
5:35 PM	400 Meters	Women	
5:45 PM	4x200 Meter Relay	Men	Invitational
5:50 PM	400 Meter Hurdles	Men	
6:05 PM	400 Meter Hurdles	Women	
6:20 PM	200 Meters	Men	
6:35 PM	200 Meters	Women	
6:50 PM	800 Meters	Men	Invitational
6:55 PM	800 Meters	Women	Invitational
7:00 PM	3,000 Meters	Men	
7:15 PM	3,000 Meters	Women	
7:30 PM	1,500 Meters	Men	Invitational
7:40 PM	1,500 Meters	Women	Invitational
7:50 PM	4x400 Meter Relay	Men	
8:00 PM	4x400 Meter Relay	Women	

Saturday Field Events			
Time	Event	Gender	Section
1:30 PM	Long Jump	Women	
3:15 PM	Pole Vault	Women	
3:30 PM	Discus	Men	
3:30 PM	Shot Put	Women	
4:00 PM	Long Jump	Men	
4:00 PM	High Jump	Men	
5:30 PM	Shot Put	Men	
5:30 PM	Javelin	Women	
5:30 PM	Triple Jump	Women	
6:00 PM	High Jump	Women	
6:45 PM	Pole Vault	Men	
6:45 PM	Javelin	Men	
7:00 PM	Triple Jump	Men	