



ARKANSAS[®]

TRACK & FIELD

ARKANSAS SPRING INVITATIONAL

March 25 - 26, 2016 - John McDonnell Field

Entry Fees:	University Teams- \$300.00 per team per gender Individual Entries- \$ 25.00 per person.
Entry Procedure:	ALL ENTRYs must be done online at www.directathletics.com . The entry deadline is 5:00pm-Tuesday March 22, 2015 @ 5:00pm. The Arkansas Spring Invitational is invitation only, for information contact Danny Green- dgreen@uark.edu or 479-575-2757
Packet Pick Up:	Friday March 25- 4:30pm-6:30pm Saturday March 26- from 8:00am.
Implement Weigh-In:	Implements will be weighed in at the South Concession Stand 1 hr. before the event starts.
Event Check-In:	Athletes in running events should report to the clerk's tent (located at the Southeast corner of John McDonnell Field) 20 min. before the start of competition. Athletes not checked in at this time will be scratched from competition. Field event contestants check in with the head official at the site of the event. Athletes should arrive no later than 45 min. prior to the scheduled start time. Athletes not checked in at this time will be scratched from competition.
Electronic Devices:	All electronic devices will be disallowed in both the competition area and the clerk areas.
Trainers:	The University of Arkansas medical and training staff will be located in the training tent at the South end of John McDonnell Field. All visiting trainers are welcomed to set up in this area.
Results:	Results will be posted www.flashresults.com .
Meet Schedule/ Heat Sheets:	A finalized time schedule and start lists will be posted at www.flashresults.com on Thursday March 24, 2016.

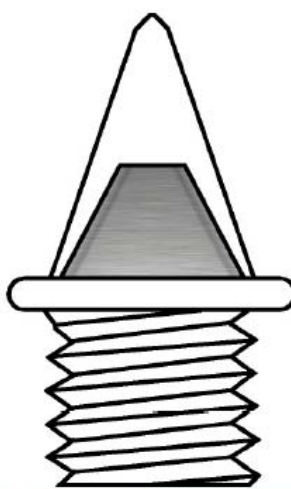


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SPIKES:

- ***ONLY ¼ PYRAMID SPIKES WILL BE ALLOWED IN THE RANDAL TYSON TRACK CENTER.***
- ***ATHLETES WILL NOT COMPETE IF YOU DO NOT COMPLY WITH THIS RULE.***
- ***NO NEEDLE SPKE OR CHRISTMAS TREE SPIKE ALLOWED.***
- ***SHOES WILL BE CHECKED AT THE ATHLETE'S GATE AND THE CLERKS AREA PRIOR TO GETTING ON THE TRACK.***



FRIDAY COMBINED-EVENTS

3:00	HEPTATHLON	WOMEN	100H, HJ, SP, 200
3:10	DECATHLON	MEN	100, LJ, SP, HJ, 400

FRIDAY FIELD-EVENTS

5:00	HAMMER	WOMEN	PRELIM/FINAL
6:00	HAMMER	MEN	PRELIM/FINAL

SATURDAY COMBINED-EVENTS

10:30AM	DECATHLON	MEN	110HH, DISC, PV, JAV, 1500
10:30AM	DEC HURDLES	MEN	
(11:10 Approx)	DEC DISCUS	MEN	
(12:00 Approx)	DEC PV	MEN	
(2:30 Approx)	DEC JAV	MEN	
(3:30 Approx)	DEC 1500	MEN	

11:00	HEPTATHLON	WOMEN	LJ, JAV, 200
11:00	HEP LJ	WOMEN	
(12:00 Approx)	HEP JAV	WOMEN	
(1:00 Approx)	HEP 800	WOMEN	

SATURDAY FIELD EVENTS

1:00PM	JAVELIN	WOMEN	PRELIM/FINAL
1:30PM	LONG JUMP	WOMEN	PRELIM/FINAL
3:00PM	LONG JUMP	MEN	PRELIM/FINAL
2:30PM	JAVELIN	MEN	OPEN/DECATHLON TOGETHER
3:00PM	POLE VAULT	WOMEN	PRELIM/FINAL
4:00PM	HIGH JUMP	WOMEN	PRELIM/FINAL
4:30PM	DISCUS	WOMEN	PRELIM/FINAL
5:00PM	TRIPLE JUMP	WOMEN	PRELIM/FINAL
5:30PM	POLE VAULT	MEN	PRELIM/FINAL
6:00PM	HIGH JUMP	MEN	PRELIM/FINAL
6:00PM	DISCUS	MEN	PRELIM/FINAL
6:30PM	TRIPLE JUMP	MEN	PRELIM/FINAL
7:30PM	SHOT PUT	WOMEN	PRELIM/FINAL
7:30PM	SHOT PUT	MEN	PRELIM/FINAL

SATURDAY RUNNING EVENTS

3:00PM	3000M STEEPLE	WOMEN	HEATS AGAINST TIME
3:15PM	3000M STEEPLE	MEN	HEATS AGAINST TIME
3:30PM	4X100M RELAY	WOMEN	HEATS AGAINST TIME
3:40PM	4X100M RELAY	MEN	HEATS AGAINST TIME
3:50PM	1500M	WOMEN	HEATS AGAINST TIME
4:00PM	1500M	MEN	HEATS AGAINST TIME
4:10PM	100M HH	WOMEN	HEATS AGAINST TIME
4:25PM	110M HH	MEN	HEATS AGAINST TIME
4:40PM	100M	WOMEN	HEATS AGAINST TIME
4:50PM	100M	MEN	HEATS AGAINST TIME
5:00PM	800M	WOMEN	HEATS AGAINST TIME
5:10PM	800M	MEN	HEATS AGAINST TIME
5:20PM	400M	WOMEN	HEATS AGAINST TIME
5:30PM	400M	MEN	HEATS AGAINST TIME
5:50PM	400M IH	WOMEN	HEATS AGAINST TIME
6:00PM	400M IH	MEN	HEATS AGAINST TIME
6:15PM	200M	WOMEN	HEATS AGAINST TIME
6:30PM	200M	MEN	HEATS AGAINST TIME
6:45PM	800M	WOMEN	TOP SECTIONS
6:50PM	800M	MEN	TOP SECTIONS
6:55PM	3000M	WOMEN	HEATS AGAINST TIME
7:10PM	3000M	MEN	HEATS AGAINST TIME
7:25PM	1500M	WOMEN	TOP SECTIONS
7:35PM	1500M	MEN	TOP SECTIONS
7:45PM	4X400M RELAY	WOMEN	HEATS AGAINST TIME
8:00PM	4X400M RELAY	MEN	HEATS AGAINST TIME