



Arkansas High School Invitational

Randal Tyson Track Center
University of Arkansas, Fayetteville, Arkansas
Friday, January 15, 2011

Entry Information:

- Entries open: December 15, 2010.
- Entries close: January 13, 2011 @ 5:00pm.
- Open all athletes who are in **High School**. Athletes may compete for their high school, track club, or as an unattached individual.
- Athletes may compete in two events, competing in a relay does not count for one of these events.
- Please contact Danny Green at dgreen@uark.edu / 479-575-2757 with any questions.

Entry Fee:

\$300.00 per gender per team and \$25.00 per individual.

Awards: Awards will awarded to the top three finishers per event.

Entry Procedure:

All entries will be done online through Direct Athletics @ www.directathletics.com.
For entry procedure questions go to: <http://www.directathletics.com/help.html>.

Packet Pick-Up:

Available at 6:00pm at the Randal Tyson Track Center on Friday, January 14th,
and starting at 7:30am on Saturday, January 15th.

Timing/Results:

The meet will be timed by Flash Results.
Results will be available at:
www.flashresults.com and www.arkansasrazorbacks.com.

Preferred Lanes:

Sprint Races: 4,5,3,6,2,7,1,8
200-400: 5,6,4,3,2,1

Practice:

The Randal Tyson Track Center will be open for practice for 1 hour after the completion
Of the Arkansas vs Texas dual meet on Friday, January 14, 2011.





ARKANSAS TRACK & FIELD

Competition Warm-Up:

All warm-ups are to be done at the Walker Pavilion or outside. The 'green-room' warm-up facility at the Randal Tyson Track Center will only be available to athletes 20 minutes prior to their event and may only be used for strides, starts, and build-ups. There will be NO JOGGING allowed in the green room. The oval around the competitor track **may not** be used for warm-ups during the meet.

Weigh-In:

The implement room is located at the East end of the "green room" warm up area. Implements can be checked in 2 hours prior to the start of the day's competitions and up to 45 min prior to the event. The implement room will be close 1 hour after the completion of the last throwing event of the day.

Training Room Facilities:

Please contact Gwen Davis at 479-422-1822.

Weight Room Facilities:

Please contact Todd Barbour at 479-466-1718.

Showers / Dressing:

Showers are available at the Randal Tyson Track Center. Towels and lockers are not furnished. You are responsible for your own valuables.

Updates:

Please continue to check www.arkansasrazorbacks.com for any updates for meet information and/or schedules.

Campus/Facilities map:

For an interactive campus and facilities map please visit

http://razorbacks.flex360.net/?DB_OEM_ID=6100



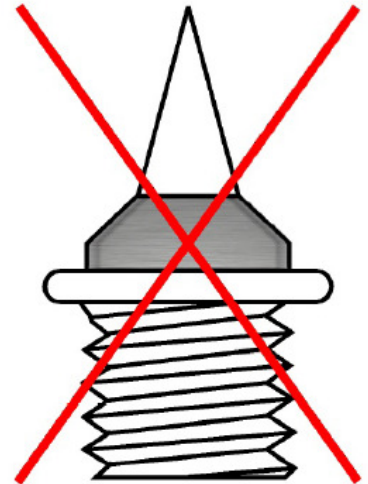
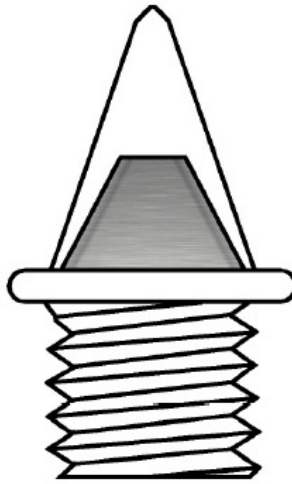
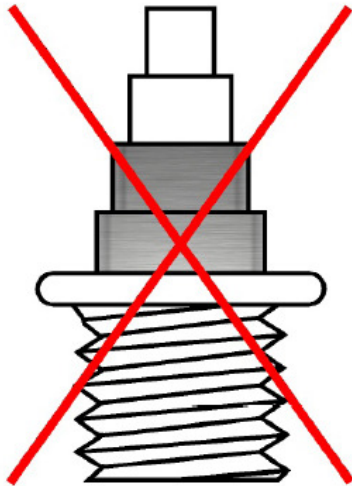


ARKANSAS TRACK & FIELD

SPIKES:

******NEW FOR 2011******

- ***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.***



ARKANSAS HIGH SCHOOL INVITATIONAL TENTATIVE SCHEDULE

FIELD EVENTS

TIME	GENDER	EVENT
8:00AM	GIRLS	POLE VAULT
8:00AM	GIRLS	HIGH JUMP
9:00AM	GIRLS	SHOT PUT
9:00AM	BOYS	LONG JUMP
10:00AM	BOYS	SHOT PUT
10:00AM	GIRLS	LONG JUMP
10:00AM	BOYS	POLEVAULT
11:00AM	BOYS	HIGH JUMP
11:00AM	GIRLS	TRIPLE JUMP
12:00PM	BOYS	TRIPLE JUMP

RUNNING EVENTS

12:00PM	GIRLS	400 M PRELIMS
12:30PM	BOYS	400M PRELIMS
1:00PM	GIRLS	60M HURDLES PRELIMS
1:30PM	BOYS	60M HURDLES PRELIMS
2:00PM	GIRLS	60 METER DASH PRELIMS
2:30PM	BOYS	60 METER DASH PRELIMS
3:00PM	GIRLS	200 METERS PRELIMS
3:30PM	BOYS	200 METERS PRELIMS

THE EVENING FINALS WILL BE ON A ROLLING SCHEDULE

4:20PM	GIRLS	4X200M RELAY
	BOYS	4X200M RELAY
	GIRLS	4 X 800M RELAY
	BOYS	4X 800M RELAY
	GIRLS	60M HURDLE FINAL
	BOYS	60M HURDLE FINAL
	GIRLS	60M DASH FINAL
	BOYS	60M DASH FINAL
	GIRLS	1 MILE SECTION AGAINST TIME
	BOYS	1 MILE SECTION AGAINST TIME
	GIRLS	400M FINAL
	BOYS	400M FINAL
	GIRLS	200M FINAL
	BOYS	200M FINAL
	GIRLS	800M SECTION AGAINST TIME
	BOYS	800M SECTION AGAINST TIME
	GIRLS	3000M SECTION AGAINST TIME
	BOYS	3000M SECTION AGAINST TIME
	GIRLS	4X400M RELAY
	BOYS	4X400M RELAY

HOUSING: The following hotels are available close to the University of Arkansas campus.

Staybridge Inn	479-695-2400	100 meters
Clarion Hotel	479-521-1166	1 mile
Windsor Suites	479-587-1400	1 mile
Radisson Hotel	479-442-5555	2 miles
Fairfield Inn	479-587-8600	7 miles
Park Inn Limited	479-575-0777	1 mile
Hampton Inn	479-587-8300	1 mile
Super 8	479-521-8866	1 mile
Quality Inn	479-444-9800	1 mile
Village Lodge	479-552-3041	1 mile
Day's Inn	479-443-4323	5 miles
Motel 6	479-443-4351	6 miles
Holiday Inn	479-751-8300	12 miles