



# ARKANSAS HIGH SCHOOL INVITATIONAL

SATURDAY, JANUARY 18, 2025

## MEET INFORMATION

### Entry Guidelines

The Arkansas High School Invitational is open to all high school athletes, regardless of ability, in grades 9–12 only, without exception. Athletes may compete for their high school, track club or as an unattached individual. Please note, high school athletes and coaches are responsible for knowing any competition restrictions from their state high school association or league. Meet management is not responsible for athletes who jeopardize their high school eligibility by entering or competing in this competition.

For seeding purposes, please submit marks that were achieved during the 2024 or 2025 seasons only.

### Entry Limits

**(New for 2025)**

Registration will open online at Athletic.Net at 8:00am CST on Friday, December 20, 2024. Each athlete is limited to three individual entries total (relays do not count in individual entry limits). Entries will remain open throughout the entry window, but access to entering each event will close once the field limits have been reached.

Fields will be filled in order of registration until field size limits are met. Field sizes are as follows:

60m, 200m, 400m, 800m, 1 Mile, 3000m, 60mH – Field size limit of 200 entries per event

4x400m, 4x800m – Field size limit of 30 teams per event (A & B teams only)

Long Jump, Triple Jump, Shot Put – Field size limit of 48 entries per event

High Jump, Pole Vault – Field size limit of 35 entries per event

### Entry Deadline

All entries are due online at Athletic.Net by 5:00pm on Monday, January 13. Entries accepted between 5:00pm on January 13 and 5:00pm Tuesday, January 14 will be assessed a \$30 late entry fee. No entries or entry changes will be accepted after 5:00pm on Tuesday, January 14.

### Entry Fee Structure

Entry fees are \$45 per athlete per event (limit of 3 events per athlete) and \$65 per relay. Entry fees are calculated based on the number of entries received, not the number of entries or athletes that are declared or ultimately compete. All entry fees must be paid through Athletics.Net.

A credit card will be required for entry and payment will be processed at the entry deadline. Entries may be adjusted at any point up to the entry deadline. Due to the nature of the structure of the meet, entry fees cannot be refunded for any reason after the close of entries, including weather concerns.

### Accepted Entries

A list of entries will be sent to coaches by 6:00 p.m. on Tuesday, January 14.

### Schedule of Events

The time schedule will be revised based upon the entries received. The final schedule will be sent to coaches and posted on Athletic.Net on Wednesday, January 15.

### Practice Times/ Facility Access

There are no practice times available at the Randal Tyson Track Center.

The facility will open to competitors and coaches on Saturday at 7:00 a.m. Only athletes will be permitted inside the competition areas.

### Equipment

Athletes may use only 1/4" pyramid or Christmas tree spikes. Spikes will be checked and those not meeting the regulations must be replaced by the athlete. No pin/needle spikes will be allowed on the competition track or practice facility. Athletes competing in the high jump may wear 3/8" pyramid spikes.

Starting blocks will not be utilized for the prelims of the 200 or 400 meters.

### Packets

High school coaches and individual athletes may pick up packets inside the Randal Tyson Track Center on Friday from 3:00 p.m. to 8:00 p.m. and Saturday from 7:00 a.m. to 3:00 p.m.

We will distribute the packet to the first coach who arrives at the packet pick-up area. This packet will contain the access credentials for the entire team. *Please make arrangements to meet your team at a designated location outside the Tyson Center to distribute credentials if you are planning to arrive at different times. We will not hold the packet at the packet pick-up area.*

### Awards

Awards will be given to the top three overall finishers per event.

### Warm-up Areas

No warm-ups will be permitted on the track at any time. Athletes should use the warm-up facility located in the Fowler Training Center. Hurdles and starting blocks will be located there. The oval around the competition track may not be used for warm-ups during the meet. No food or beverage, other than water, is allowed in the Fowler Center.

### Implement Inspection

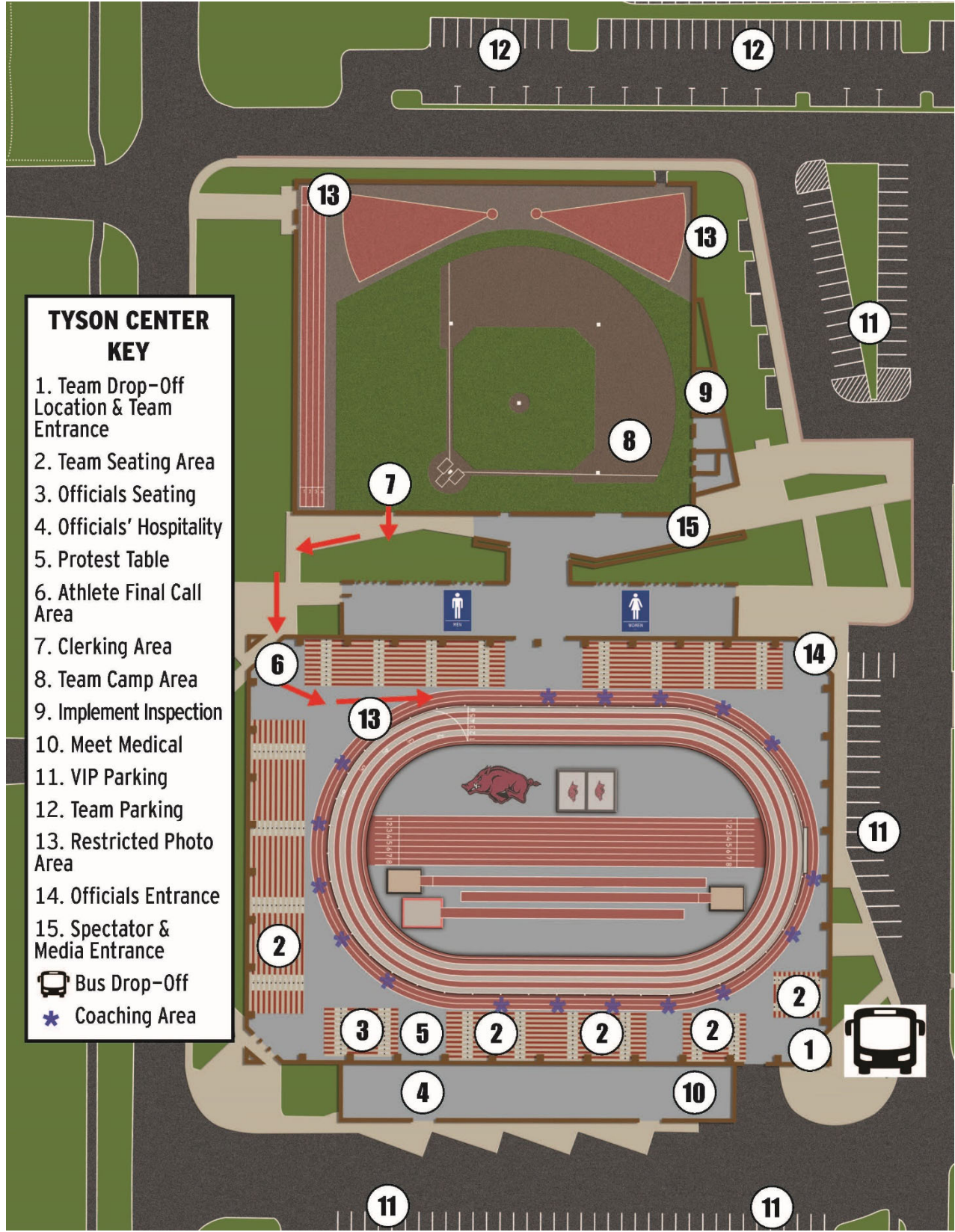
Implement inspection will begin on Saturday at 7:00 a.m. at the east end of the Fowler Center in the track storage room. All implements must be inspected NOT LATER THAN ninety minutes before the scheduled start of the event. Implements will be impounded until they are brought by the officials to the event site.



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## VENUE MAP





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## TENTATIVE SCHEDULE OF EVENTS

Time	Running Event	Gender	
8:00 AM	400 Meter Prelims	HS Boys	
	400 Meter Prelims	HS Girls	
	1 Mile	HS Boys	
	1 Mile	HS Girls	
	60 Meter Hurdles Prelims	HS Boys	
	60 Meter Hurdles Prelims	HS Girls	
	60 Meter Prelims	HS Boys	
	60 Meter Prelims	HS Girls	
	200 Meter Prelims	HS Boys	
	200 Meter Prelims	HS Girls	
	5:00 PM	4x800 Meter Relay	HS Boys
		4x800 Meter Relay	HS Girls
		60 Meter Final (2 Sections)	HS Boys
		60 Meter Final (2 Sections)	HS Girls
60 Meter Hurdles Final (2 Sections)		HS Boys	
60 Meter Hurdles Final (2 Sections)		HS Girls	
400 Meter Final (2 Sections)		HS Boys	
400 Meter Final (2 Sections)		HS Girls	
800 Meters		HS Boys	
800 Meters		HS Girls	
200 Meter Final (2 Sections)		HS Boys	
200 Meter Final (2 Sections)		HS Girls	
3000 Meters		HS Boys	
3000 Meters		HS Girls	
4x400 Meter Relay		HS Boys	
4x400 Meter Relay		HS Girls	

*\* Running events will be contested on a rolling schedule with the exception of the start of the Boys' 400 meters (8:00am) and Boys' 4x800m Relay (5:00pm) \**

Time	Field Event	Gender
8:00 AM	High Jump (Opening Height = 4'9")	HS Girls
8:00 AM	High Jump (Opening Height = 5'8")	HS Boys
8:30 AM	Long Jump	HS Girls
8:30 AM	Long Jump	HS Boys
9:00 AM	Shot Put	HS Girls
9:30 AM	Pole Vault (Opening Height = 9'0")	HS Girls
2:00 PM	Shot Put	HS Boys
3:30 PM	Triple Jump	HS Girls
3:30 PM	Triple Jump	HS Boys
3:30 PM	Pole Vault (Opening Height = 11'6")	HS Boys