



# ARKANSAS TWILIGHT

FRIDAY, MAY 6, 2022

## SCHEDULE OF EVENTS

### FIELD EVENTS - FRIDAY

Time	Event	Gender
12:00 PM	Hammer Throw	Men & Women
3:00 PM	Pole Vault	Men
4:45 PM	Triple Jump	Women
5:00 PM	Triple Jump	Men
5:45 PM	Javelin Throw	Men & Women
6:30 PM	Pole Vault	Women
6:45 PM	Long Jump	Women
6:45 PM	High Jump	Men
6:45 PM	High Jump	Women
7:15 PM	Long Jump	Men
7:30 PM	Shot Put	Men & Women

### RUNNING EVENTS - FRIDAY

Time	Event	Gender
4:45 PM	Senior Recognition	
4:55 PM	National Anthem	
5:00 PM	4 x 100 Meters Relay	Men
5:05 PM	4 x 100 Meters Relay	Women
5:10 PM	3,000 Meters	Men
5:20 PM	3,000 Meters	Women
5:35 PM	3,000 Meter Steeplechase	Men
5:50 PM	3,000 Meter Steeplechase	Women
6:15 PM	Heptathlon 200 Meters	Women
6:25 PM	Decathlon 400 Meters	Men
6:35 PM	100 Meters	Men
6:43 PM	100 Meters	Women
6:50 PM	400 Meters	Men
7:00 PM	400 Meters	Women
7:05 PM	110 Meter Hurdles	Men
7:10 PM	100 Meter Hurdles	Women
7:15 PM	800 Meters	Men
7:25 PM	800 Meters	Women
7:32 PM	200 Meters	Men
7:40 PM	200 Meters	Women
7:47 PM	400 Meter Hurdles	Men
7:52 PM	400 Meter Hurdles	Women
7:55 PM	1,500 Meters	Men
8:10 PM	1,500 Meters	Women
8:17 PM	4 x 400 Meters Relay	Men
8:22 PM	4 x 400 Meters Relay	Women

### USATF DECATHLON CHAMPIONSHIP FRIDAY

2:00 PM	Decathlon 100 Meters
2:45 PM	Decathlon Long Jump
3:40 PM	Decathlon Shot Put
4:45 PM	Decathlon High Jump
6:25 PM	Decathlon 400 Meters

### SATURDAY

2:00 PM	Decathlon 110 Meter Hurdles
2:45 PM	Decathlon Discus Throw
4:15 PM	Decathlon Pole Vault
6:00 PM	Decathlon Javelin Throw
7:30 PM	Decathlon 1,500 Meters

### USATF HEPTATHLON CHAMPIONSHIP FRIDAY

2:15 PM	Heptathlon 100 Meter Hurdles
3:05 PM	Heptathlon High Jump
4:45 PM	Heptathlon Shot Put
6:15 PM	Heptathlon 200 Meters

### SATURDAY

3:00 PM	Heptathlon Long Jump
3:55 PM	Heptathlon Javelin Throw
5:15 PM	Heptathlon 800 Meters