



MEET INFORMATION

Date: Friday April 17th – Saturday April 18th

Site: Arkansas State University Track – 315 Red Wolf Trail,
Jonesboro AR 72401

Entry information: Entries open at noon (CT) on Tuesday April 7th and close noon (CT) Tuesday April 14th. *No changes will be accepted after the entry deadline

Entry Fees - Universities bringing more than 14 athletes per gender will not have a fee

Teams of less than 14 athletes will be charged \$30 per athlete

Invited unattached athletes will have a fee of \$30 due at check-in.

Registration: Entries will be done online via www.directathletics.com – unattached athletes must email Matt Vining at mvining@astate.edu for permission to enter. Please attach your name as well as a link to a verified entry mark. No club teams will be allowed entry into the meet.

Heat sheets: Will be emailed out along with any changes to meet information and the schedule by Thursday April 16th at noon (CT).

Scoring: This is a non-scoring meet

Athletic training: Arkansas State athletic trainers will be available under the training tent. Teams' athletic trainers may have access to ice upon request. Space will be provided for visiting team's athletic trainers upon request. Please contact Presley Pierce at ppierce@astate.edu.

Horizontal jumping events: 3 jump preliminary with 9 jumpers
advancing to the final
**we reserve the right to limit the entries to 2
flights of 16*

High Jump: Starting heights (subject to change)
Men's – 1.83m (6')

Women's – 1.53m (5')

Pole vault: Starting heights (subject to change)

Men's – 4.45m (14'7")

Women's – 3.35m (11')

*** full vertical jump progressions will go out with the heat sheets*

Throwing Events: 3 Throw preliminary with 9 Throwers advancing to
the final

**we reserve the right to limit the entries to 2
flights of 16*

Inclement Weather: In the event of lightning or other inclement weather
teams will return to their busses. Teams without
busses may be allowed to take shelter in the Student
Activities Center. Pole Vault may be moved inside per
NCAA rules if the safety of the competitors is
compromised. Announcements will be made via
Twitter/X @ASTATETRACK and by PA announcement.

Admissions/Parking: There will be no admissions or parking fees for
the meet!



Friday

Field Events

3:00 PM Women's Hammer Throw
 (TO FOLLOW) Men's Hammer throw
 3:00 PM Men's Pole Vault
 3:30 PM Men's Long Jump
 (TO FOLLOW) Women's Long Jump
 5:00 PM Men's Javelin
 (TO FOLLOW) Women's Javelin

Track Events

5:00 PM Men's 200m Dash
 5:15 PM Women's 200m Dash
 5:30 PM Men's 1500m
 5:40 PM Women's 1500m

Saturday

Field Events

10:30 AM Women's Shot Put
 (TO FOLLOW) Men's Shot Put
 1:00 PM Women's Discus Throw
 (TO FOLLOW) Men's Discus Throw
 12:00 PM Men's High Jump
 (TO FOLLOW) Women's High Jump
 12:00 PM Women's Triple Jump
 (TO FOLLOW) Men's Triple Jump
 1:00PM Women's Pole Vault

Track Events

11:40 AM Senior Recognition
 12:00 PM Women's 4x100m Relay
 12:10 PM Men's 4x100m Relay
 12:30 PM Women's 100m Hurdles
 12:55 PM Men's 110m Hurdles
 1:10 PM Women's 400m Dash
 1:25 PM Men's 400m Dash
 1:40 PM Women's 400m Hurdles
 1:50 PM Men's 400m Hurdles
 2:00 PM Women's 800m Run
 2:15 PM Men's 800m Run
 2:45 PM Women's 100m Dash
 3:00 PM Men's 100m Dash
 3:30 PM Women's 4x400m Relay
 3:40 PM Men's 4x400m Relay