



LITTLE ROCK INVITATIONAL

Confirmed Visiting Teams

UT Martin, Western Kentucky, Central Arkansas, Prairie View A&M, UA Pine Bluff, Harding, Southeastern Oklahoma, Lyon College

Date: April 11th and 12th, 2025

Site: Coleman Sports & Recreation Complex
5732 Asher Ave Little Rock AR 72204

Scoring: Meet will be scored invitational style (10, 8, 6, 5, 4, 3, 2, 1)

Entries: This meet is by invitation only. We are not accepting any additional teams. For consideration into the 2026 Little Rock Invitational please email Coach Behnke at jpbehnke@ualr.edu. Entries will open on March 25th, 2025 and close on April 9th, 2025 (12:00pm). Please submit completed entries online at www.Directathletics.com

Entry Fee: \$400 per team per team (\$800 for both genders). Unattached and post collegiate athletes please email Coach Behnke (jpbehnke@ualr.edu) to be accepted into the meet. Unattached athletes who do not add to the level of competition will not be allowed.

Practice: The track and jumps area will be available for practice on Friday, April 11th from 12:00 pm to 4:00 pm. Throws area will be available from 10:00 am to 2:00 pm. For April 10th practice request, please coach Coach Behnke.

Broadcast: All of Saturday's running events will be Live on ESPN+ beginning at 1:00 on Saturday, April 12th.

Timing: MacDonald Timing – Live results on <https://milesplit.live/meets/586978>

Parking: Parking is free at the track but is first come, first serve. Overfill parking is located adjacent to the track complex across Asher Blvd. Parking is free. Bus Parking must be across Asher Ave. A map will be mailed to coaches prior to the meet.

Admission: Free Admission

Heat Sheets: Heat Sheets and final meet schedule will be posted on Thursday, April 10th

Trainers: Little Rock sports medicine staff will be available on site.

Horizontal Jumps and Throws: Athletes will be allowed 3 preliminary attempts with the top 9 advancing to finals.

Implement check-in: Located in the support building next to concessions. Friday, April 11th from 11:00 am to 2:00 pm and Saturday, April 12th from 8:00 am to 11:00 am.

Capital City Mile: Register at <https://www.directathletics.com/meets/track/90183.html> There will be no race day registration. Open to all.

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Updated 4/7/25

Friday, April 11th

Field Events

2:00 pm

Men's Hammer (Women to follow)

6:00 pm (or at conclusion of women's Hammer)

Men's Javelin

3:00 pm

Women's Pole Vault (Men to follow)

Running Events

5:00 pm

Women's 400m

Men's 400m

Women's 5000m

Men's 5000m

Saturday, April 12th

Field Events

10:00 am

Women's Long Jump (Men to follow)

Women's Javelin (Men's Disc to follow)

1:00 pm

Women's TJ (Men to follow)

Men's HJ (Women to Follow)

Women's Disc (or at conclusion of Men's Disc)

3:00 pm (or at conclusion of women Disc)

Men Shot Put (Women to follow)

Running Events

12:30 - Senior Awards ceremony

1:00 - Men's	4 x 100m
Women's	4 x 100m
Men's	1500m
Women's	1500m
M/W	Capital City Mile
Men's	110mh
Women's	100mh
Men's	400m
Women's	400m
Kind's	100m (ages 10 and under)
Men's	100m
Women's	100m
Men's	800m
Women's	800m
Men's	200m
Women's	200m
Men's	3000m Steeple
Women's	3000m Steeple
Men's	4 x 400m
Women's	4 x 400m