

GRAND VALLEY STATE

TRACK & FIELD

AL OWENS CLASSIC

APRIL 20-21ST, 2012 (UPDATED 4-19-12)

FRIDAY

- 1:00pm Decathlon
- 2:00 Heptathlon
- 3:00pm Hammer Women 1st Men to follow
- 3:00pm Javelin Men 1st Women to follow

Decathlon

- 1:00-100m
- 1:45-Long Jump
- 2:45-Shot Put
- 3:45-High Jump
- 6:00-400M

Heptathlon

- 2:00-100Hurdles
- 2:45-High Jump
- 5:00-Shot Put
- 6:00-200m

SATURDAY

Field Events:

- 8:00am Decathlon
- 8:30am Heptathlon
- 11:00am Shot Put- Men 1st
- 11:00am Discus- Women 1st
- 11:00am Long Jump- Women 1st
- Triple Jump to follow Women 1st
- 12:00pm High Jump- Men 1st
- 12:00pm Pole Vault- Women 1st Men to follow (ONE pit- to follow decathlon PV or noon)

Decathlon

- 8:00-110 Hurdles
- 8:45-Discus
- 9:45-Pole Vault
- 12:30-Javelin
- 1:30-1500m

Heptathlon

- 8:30-Long Jump
- 9:30-Javelin
- 10:30-800m

Running:

	WOMEN RACE FIRST	WOM	# of Heats	MEN
11:00am	100/110m Hurdles- Prelims	4		4
	100m- Prelims	6		6
12:30pm	3000m Steeplechase	1		1
12:55	400m Relay	2		2
1:10	1500m	6		5
2:15	400m	6		6
2:40	100/110m Hurdles- Finals MEN 1 st	1		1
2:50	100m- Finals- MEN 1 st	1		1
3:00	800m	6		5
3:40	400m Hurdles	4		5
4:00	200m	8		7
4:30	5000m 1 st Sections	1(20:00 & under)		1(16:00.4 & under)
5:00	1600m Relay	3		3
5:30	5000m- 2 nd Sections	1		1

