

# **GVSU BIG MEET- OPEN**

## **FEB 11<sup>th</sup> 2012**

**FINAL SCHEDULE WILL BE SET AFTER FINAL ENTRIES**



### **SATURDAY FEB 11<sup>th</sup>**

**10:00AM** Men's Heptathlon 60m Hurdles

**\*10:55AM** Men's Heptathlon Pole Vault

*\*Two pits for the Hept PV*

**\*1:00PM** Men's Heptathlon 1,000m

#### **Field Events:**

**LJ, TJ, SP, WT will hot flight the first 2 sections**

11:00 Open Long Jump men pit 1- TJ to follow  
Open Long Jump women pit 2- TJ to follow  
(Triple Jump follows long jump)

11:00 Open women Weight Throw- cement circle  
(men Weight Throw follows women)

11:00 Open men Shot Put – wood circle  
(women Shot Put follows men)

11:00 Open High Jump- women then men

**\*\*\*\*\* After the Hept PV is complete the women will vault first on both runways with a high and low pit. Men's PV will follow women with a high and low pit.**

#### **Running Events: Rolling Schedule**

11:00 Open 3000 women

Open 3000 men

Women DMR

Men DMR

Women 60 Hurdles TIMED FINALS

Men 60 Hurdles TIMED FINALS

Women 60 Dash TIMED FINALS

Men 60 Dash TIMED FINALS

Open women 400

Open men 400

Open women 800

Open men 800

Open women 200\* **Limit 4 Entries** Per School

Open men 200\* **Limit 4 Entries** Per School

Open women mile

Open men mile

Women 4 x 400\* **Limit 2 Teams** Per School

Men 4 x 400\* **Limit 2 Teams** Per School

#### **Hot Flight Method for Field Events**

The first 2 flights in the prelims of field events will throw/jump and the top 8 marks will make finals to be contested following the 2<sup>nd</sup> flight. Flights 3 and 4 will compete after the finals. If anyone in the 3 or 4 flights hits a mark that would have made the finals they will get an additional 3 attempts.

All 5k sections will all be run on Friday.

#### **Questions on your entries?**

Contact meet manager lou andreadis

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