



# GRAND VALLEY STATE BOB EUBANKS OPEN

**JANUARY 13-14, 2012**

## Friday 1-13-12 Multi

- 10:00AM** Men's Heptathlon 60m Dash
- \*10:45AM** Men's Heptathlon Long Jump
- \*11:50PM** Men's Heptathlon Shot Put
- \*1:25PM** Men's Heptathlon High Jump
- \*2:45PM** Complete Day 1

## Friday 1-13-12 Multi

- 10:15AM** Women's Pentathlon 60 Hurdles
- \*10:50AM** Women's Pentathlon High Jump
- \*12:20PM** Women's Pentathlon Shot Put
- \*1:10PM** Women's Pentathlon Long Jump
- \*2:00PM** Women's Pentathlon 800m

*\*Each event will start :30 minutes following the completion of the previous event*

## Field Events

**3:00** Women's 20lb Weight 1<sup>st</sup> Men's 35lb Weight 2<sup>nd</sup> *(To follow Women)* **CEMENT RING/CAGE**  
**Minimum mark 10 meters** **Minimum mark 14 meters**

**3:00** Men's Shot Put 1<sup>st</sup> Women's Shot Put 2<sup>nd</sup> *(To follow Men)* **WOOD RING**  
**Minimum mark 13 meters** **Minimum mark 10 meters**

**3:30** **Women's Pole Vault on two pits 1<sup>st</sup> - (Men's Pole Vault to follow on two pits)**  
*(Fields will be split into groups vaulting at the same time)*

**3:30** Men's Long Jump 1<sup>st</sup> Men's Triple Jump 2<sup>nd</sup>- **EAST PIT**

**3:30** Women's Long Jump 1<sup>st</sup> Women's Triple Jump 2<sup>nd</sup>- **WEST PIT**

**3:30** Men's High Jump 1<sup>st</sup> Women's High Jump 2<sup>nd</sup> *(After the Hept HJ on pit #1)*

**2:00PM-** 5000m NO ENTRIES

## ESTIMATED Running Events Time Schedule- This is an estimate!!!

- 3:00 60m Hurdle Prelims (W-3 Heats *then* M- 3 Heats)
- 3:20 60m Dash Prelims (W-6 Heats *then* M- 7 Heats)
- 3:50 Mile (W-5 Heats *then* M-3 Heats)
- 4:30 400m (W-7 Heats *then* M- 7 Heats)
- 5:10 60m Hurdle Finals (Two heats of nine) (M *then* W)
- 5:25 60m Dash Finals (Two heats of nine) (M *then* W)
- 5:35 600m (W-3 Heats *then* M-5 Heats)
- 6:00 300m (W-4 Heats *then* M- 5 Heats)
- 6:15 800m (W-3 Heats *then* M-5 Heats)
- 6:40 200m (W-10 Heats *then* M- 12 Heats)
- 7:10 3000m (W *then* M)\*\* First heat ONLY\*\*
- 7:35 1600m Relay (W-4 Heats *then* M- 5 Heats)
- 8:20 3000m (W- Heat *then* M- 2 heats) \*\*Second/ Third heats\*\*

## Saturday 1-14-12 Multi

- 10:00AM** Men's Heptathlon 60m Hurdles
- \*10:50AM** Men's Heptathlon Pole Vault
- \*1:00PM** Men's Heptathlon 1,000m

