



GRAND VALLEY STATE GVSU TUNE UP

FEBRUARY 17, 2012

3:00 All Field Events

Women's 20lb Weight 1st@ 3pm Men's 35lb Weight 2nd (To follow Women) **CEMENT RING/CAGE**
 Men's Shot Put 1st@ 3pm Women's Shot Put 2nd (To follow Men) **WOOD RING**

Women's Pole Vault on two pits 1st @ 3pm-(Men's Pole Vault to follow on two pits)
 (Fields will be split into groups vaulting at the same time)

Men's Long Jump 1st@ 3pm Men's Triple Jump 2nd- **EAST PIT**
 Women's Long Jump 1st@ 3pm Women's Triple Jump 2nd- **WEST PIT**

Men's High Jump 1st@ 3pm Women's High Jump 2nd

3:00 Running Events FINAL ESTIMATED TIME SCHEDULE

3:00	5000m women	1 heat
3:25	5000m men	2 heats
4:00	60m Hurdle Prelims women	2 heats
4:10	60m Hurdle Prelims men	2 heats
4:20	60m Dash Prelims women	3 heats
4:30	60m Dash Prelims	3 heats
4:40	Mile women-sect 2, 3, 1	3 heats * FAST HEAT LAST*
5:00	Mile men	5 heats
5:30	400m women	6 heats
5:45	400m men	6 heats
6:00	60m Hurdle Finals (Two heats of nine) (M then W)	
6:10	60m Dash Finals (Two heats of nine) (M then W)	
6:20	800m women	5 heats
6:35	800m men	6 heats
6:55	200m women	7 heats
7:10	200m men	7 heats
7:25	3000m women	1 heat
7:40	3000m men	2 heats
8:00	Recognize GVSU Seniors	
8:05	1600m Relay Women	3 heats
8:10	1600m Relay Men	3 heats

Women will run first in all events except hurdle and dash finals.

