



GRAND VALLEY STATE MIKE LINTS ALUMNI OPEN JANUARY 20, 2012

3:00 Field Events

3:00	Women's 20lb Weight MIN MARK- 12 METERS	Men's 35lb Weight 2 nd (To follow Women) MIN MARK- 14 METERS	CEMENT RING/CAGE
3:00	Men's Shot Put MIN MARK- 13.5 METERS	Women's Shot Put 2 nd (To follow Men) MIN MARK- 10.5 METERS	WOOD RING

3:00 Women's Pole Vault on two pits Men's Pole Vault to follow on two pits
(Fields will be split into groups vaulting at the same time)

3:00	Men's Long Jump	Men's Triple Jump 2 nd - EAST PIT
3:00	Women's Long Jump	Women's Triple Jump 2 nd - WEST PIT

3:00 Running Events ---THESE ARE ESTIMATES

3:00	5000m	women	2 heats
3:40	5000m	men	2 heats
4:15	60m Hurdle Prelims	women	5 heats
4:30	60m Hurdle Prelims	men	4 heats
4:50	60m Dash Prelims	women	7 heats
5:05	60m Dash Prelims	men	8 heats
5:25	3000 INVITE	women	1 heat---10:20 and faster
5:40	3000 INVITE	men	1 heat---8:38 and faster
5:55	ALUMNI 4 x 300 Relay		1 heat
6:00	Mile	women	4 heats
6:25	Mile	men	5 heats
6:55	400m	women	9 heats
7:20	400m	men	7 heats
7:40	60m Hurdle Finals	(Two heats of nine) (M then W)	
7:50	60m Dash Finals	(Two heats of nine) (M then W)	
8:00	600m	women	4 heats
8:15	600m	men	5 heats
8:27	800m	women	4 heats
8:40	800m	men	7 heats
9:00	200m	women	(103 entries)---athletes will need to re-declare after the dash finals
	200m	men	(115 entries)---athletes will need to re-declare after the dash finals
10:00	3000m	women	2 heats
	3000m	men	2 heats
10:50	1600m Relay	women	4 heats
	1600m Relay	men	5 heats

The Mike Lints Open is named in honor of former GVSU Student Athlete and Assistant Coach Mike Lints who was tragically killed in a car accident in October of 2001.

Mike was one of the most committed and passionate individuals toward GVSU Track and Field and Laker Athletics that I have ever known! I am thankful and proud to have coached with Mike during my first two years at GVSU!

- Jerry Baltes- Head Coach GVSU Track and Field

2010-2011 Mike Lints Blood Sweat & Tears Award Winners:
Women- Samantha Lockhart
Men- Eric Lowe

