



GRAND VALLEY STATE LAKER EARLY BIRD

DECEMBER 2, 2011

3:00PM 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 one pit 1st @ 3pm-(Men's Pole Vault to follow) *If field is large we will use 2 pits

Men's Long Jump 1ST @ 3pm Men's Triple Jump to follow (*Men on East pit, 3 Jumps and Finals*)

Women's Long Jump 1st @ 3pm Women's Triple Jump to follow (*Women on West pit, 3 Jumps and Finals*)

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

3:00PM RUNNING EVENTS(*Due to entries this time may move back but never up*)

60m Hurdle Prelims (W then M)

60m Dash Prelims (W then M)

5000m (W then M)

400m(W then M)

60m Hurdle Finals (Two heats of nine) (M then W)

60m Dash Finals (Two heats of nine) (M then W)

600m(W then M)

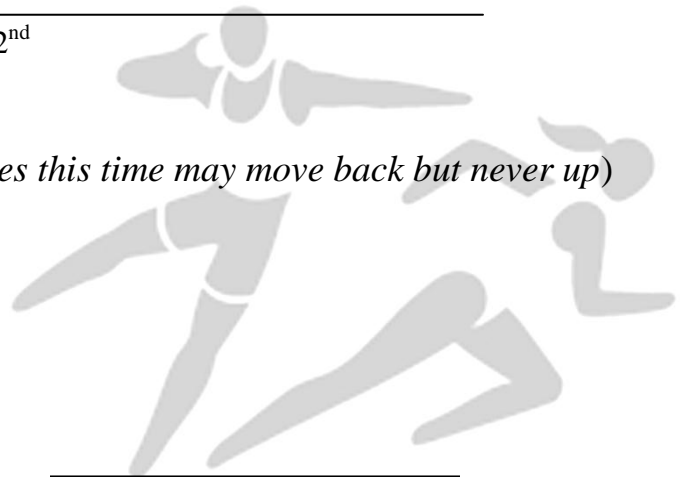
300m (W then M)

800m(W then M)

200m(W then M)

Mile(W then M)

1600m Relay(W then M)



Tentative Schedule

Events/Order of events may change due to the field sizes or number of entries. If there is any change you will be notified.

