



Grand Valley State University 2004-2005 Indoor Track

- Track: 200m Mondo Rubber
4 Lanes on the Oval
4 Lanes on the Sprint straight
- Running: 55m Dash and 55m Hurdles will have prelims and finals
Top 4 times in fast heat, the next 4 fastest in the 2nd heat
All others events are timed finals
- Jumping: Mondo rubber surface
LJ: Wood board at 12' from pit
TJ: Wood boards at 36' and 30' from pit
Open pit with 4 jumps NO FINALS
PV: Opening heights are 8'0 and 11'6
- Throws: One ring, wood throwing surface.
***** NO HARD SCHELL 35LB WEIGHTS*****
Three throws with the top 8 throwers to finals
- Timing: Finish Lynx
- Locker Rooms: Lockers and showers available, bring your own towels and locks
- Entry Fee: *\$100 Per team, Men and Women combined is \$200*
10 or more athletes is considered a team
\$10 Per individual, Made out to "GVSU Track & Field"

Entries are due the Tuesday 6PM.

Hy-Tek meet entries are preferred, Email for events file.
lou andreadis andreadl@gvsu.edu Phone:(616) 331-3042

Or Fax entries to:

lou andreadis (MEET DIRECTOR) at **(616) 331-3232**