



GVSU Big Meet

Feb 13-14th, 2009



FINAL ADJUSTED TIME SCHEDULE

FRIDAY FEB 13TH

Field Events:

- 4:00 Invite Long Jump- women then men
- 4:00 Invite Weight Throw- women then men
- 4:00 Invite Pole Vault- women then men
- 4:00 Invite High Jump- women then men

Running Events: *Planned Heats Prior to scratches*

5:00	Women Invite 400	3
5:10	Men Invite 400	3
5:20	Women Invite 800	3
5:30	Men Invite 800	5
5:45	Women Invite Mile	3
6:05	Men Invite Mile	2
6:20	Women Invite 5000	1
6:40	Men Invite 5000	2
7:20	Women Invite 200	4-5
7:30	Men Invite 200	3

SATURDAY FEB 14TH

Field Events:

- 10:00 Open Long Jump men pit 1- women pit 2
Open Triple Jump men pit 1- women pit 2
(Triple Jump follows long jump)
- 10:00 Open women Weight Throw- cement circle
Open men Weight Throw- cement circle
(men Weight Throw follows women)
- 10:00 Open men Shot Put – wood circle
Open women Shot Put- wood circle
(women Shot Put follows men)
- 12:00 Open PV- women then men
- 12:00 Open High Jump- women then men
- 2:30 Invite men Shot Put- men then women**
- 4:00 Invite men Triple Jump- men then women**

Running Events-*Planned Heats Prior to scratches*

10:00	Open 5000 women	2
10:45	Open 5000 men	2
11:25	Women DMR	2
11:50	Men DMR	1
Noon	Women 60 Hurdles prelims	6
12:15	Men 60 Hurdles prelims	5
12:30	Women 60 Dash prelims	5
12:40	Men 60 Dash prelims	6
1:00	Open women mile	3
1:25	Open men mile	4
1:50	Open women 400	8
2:10	Open men 400	10
2:35	Men 60 Hurdles Final- 2 heats (top 18)	
2:45	Women 60 Hurdles Final- 2 heats (top 18)	
2:55	Men 60 – Final- 2 heats (18 athletes)	
3:00	Women 60 Final- 2 heats (18 athletes)	
3:05	Open women 800	6
3:25	Open men 800	6
3:45	Open women 200	12
4:15	Open men 200	11
4:45	Invite women 3000	1
4:58	Invite men 3000	1
5:10	Women 4 x 400	2
5:20	Men 4 x 400	4
5:40	Open women 3000	1
5:52	Open men 3000	1

FINAL DETAILS

- Please make any scratches you have by e-mailing Coach Andreadis
- We will also take scratches till 4:00 on Friday and 10:00am on Saturday
- Final Heats will be drawn after scratches.
- All Heats will go fastest to slowest
- **INVITE TRIPLE JUMP will be run at the same time on opposite runways.**
- **INVITE SHOT PUT will start at 2:30 with men going first followed by women off of wood circle.**
- Top 9 to finals in all field events open and invite.
- Finals of M/W 60 Dash were flip flopped from original schedule
- All questions please call or email meet director Lou Andreadis:
(616) 331-3042 ANDREADL@gvsu.edu