



Grand Valley State University Holiday Open December 11-12, 2008

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.

Thursday 12-11-08 Multi

- 6:00PM** Men's Heptathlon 60m Dash
***6:35PM** Men's Heptathlon Long Jump
***7:30PM** Men's Heptathlon Shot Put
***7:50PM** Men's Heptathlon High Jump
***9:00PM** Complete Day 1

Friday 12-12-08 Multi

- 11:00AM** Women's Pentathlon 60 Hurdles
***11:35AM** Women's Pentathlon High Jump
***12:50PM** Women's Pentathlon Shot Put
***1:40PM** Women's Pentathlon Long Jump
***2:30PM** Women's Pentathlon 800m

- 12:05PM** Men's Heptathlon 60m Hurdles
***12:35PM** Men's Heptathlon Pole Vault
***1:50PM** Men's Heptathlon 1,000m

** Each event will start :30 minutes following the completion of the previous event*

4:00 12-12-08 Field Events

Women's 20lb Weight 1st Men's 35lb Weight 2nd (*WOMEN WILL THROW WT AT 4PM MEN TO FOLLOW*)
Men's Shot Put 1st Women's Shot Put 2nd (*MEN WILL THROW SP AT 4PM WOMEN TO FOLLOW*)

Women's Pole Vault 1st Men's Pole Vault 2nd (*We will use the raised runway on turf only*)

Men's Long Jump 1ST @ 4pm Men's Triple Jump to follow (*Men on East pit, 4 jumps*)

Women's Long Jump 1st @ 4pm Women's Triple Jump to follow (*Women on West pit, 4 jumps*)

5:00 12-12-08 High Jump

Women's High Jump 1st Men's High Jump 2nd

4:45 12-12-08 Running

5000m (W then M)

Heat two of women will run @ 4:45, then heat one of men @ 5:10, then heat one of women @ 5:35

60m Hurdle Prelims (W then M)

60m Dash Prelims (W then M)

Mile(W then M)

400m(W then M)

600m(W then M)

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

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

800m(W then M)

200m(W then M)

3000m(W then M)

1600m Relay(W then M)

