



Mon March 23 Boys (Bigger Schools)

Tues March 24 Girls (Bigger Schools)

Wed March 25-Boys & Girls (Smaller Schools)

* This meet has been combined to a one day CO-ED meet*

*This year each school will be able to enter **THREE** participants in each event and **ONE** relay team.*

4:00 FIELD EVENTS

Long Jump- Two pits

Shot Put- Two circles

High Jump- Two pits

Pole Vault- Two pits

Discus ONLY if the ground is dry!

4:30 RUNNING

55m Hurdle Prelims

55m Dash Prelims

4 x 800m

Mile

400m

55m Hurdle Final (Two heats of nine)

55m Dash Final (Two heats of nine)

800m

200m

4 x 300m



GVSU New 300m Indoor Track



6 lane oval and 9 lane sprint straight.



The Laker Turf Building is the LARGEST, NEWEST, FASTEST Track in Michigan!

