



# Grand Valley State University

## Laker Early Bird

January 8-9<sup>th</sup>, 2009

### Thursday 1-8-09 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

#### *Tentative Schedule*

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

### Friday 1-9-09 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 1-9-09 Field Events

Women's 20lb Weight 1<sup>st</sup> Men's 35lb Weight 2<sup>nd</sup> (To follow Women) **CEMENT RING/CAGE**  
Men's Shot Put 1<sup>st</sup> Women's Shot Put 2<sup>nd</sup> (To follow Men) **WOOD RING**

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

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Men's Long Jump 1<sup>st</sup> Men's Triple Jump 2<sup>nd</sup>- **EAST PIT**  
Women's Long Jump 1<sup>st</sup> Women's Triple Jump 2<sup>nd</sup>- **WEST PIT**

### 5:00 1-9-09 High Jump

Women's High Jump 1<sup>st</sup> Men's High Jump 2<sup>nd</sup> (To Follow Women)

### 5:00 1-9-09 Running

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)

