



Grand Valley State University 2007-2008 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
(Sometimes if there is a small field we do prelims/finals.)
PV: Opening heights are TBA
- 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"
All pre-registered Grand Valley students are free.
\$15 Day of walk-ups!!!!!!!!!!!!!!

Entries are due the Tuesday prior to @ 6PM.

Hy-Tek meet entries are preferred, Email for events file.

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Or Fax entries to:

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