



Grand Valley State University Indoor High School Track & Field Meets

- Track: 200m Mondo Rubber
4 Lanes on the Oval
4, 55m Lanes on the Sprint straight
6, 50m 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
50m and 50m Hurdle races will use 6 lanes and bring 12 to Finals
No starting blocks other than 50m races
All others events are timed finals
- Jumping: Mondo rubber surface
Open pit, each jumper gets **THREE** jumps **NO FINALS**
Get in line and tell the official your name after you jump.
PV: Our standards only go down to 7'0
- Throws: One ring, wood throwing surface.
Three throws **NO FINALS**
March 21-24 Only if the ground is dry, will we have Discus
- Timing: Finish Lynx and Hand Timing
- Entry Fee: **MITCA MEETS: \$5** per person; Coaches, Parents, Trainers, Runners,
ALL PEOPLE \$5

March 21,22,23,24: *\$100 Per team, Girls and Boys combined is \$200. 10 or more athletes is considered a team. Parents \$5. Checks made out to "GVSU Track & Field"*

Questions:

lou andreadis

andreadl@gvsu.edu

(616) 331-3042