



Grand Valley State University

GVSU Open

January 29th, 2010

4:00 Field Events

Women's 20lb Weight 1st@ 4pm Men's 35lb Weight 2nd (*To follow Women*) **CEMENT RING/CAGE**
Men's Shot Put 1st@ 4pm Women's Shot Put 2nd (*To follow Men*) **WOOD RING**

Women's Pole Vault on two pits 1st @ 4pm-(Men's Pole Vault to follow on two pits)
(Fields will be split into groups vaulting at the same time)

Men's Long Jump 1st@ 4pm Men's Triple Jump 2nd- **EAST PIT**
Women's Long Jump 1st@ 4pm Women's Triple Jump 2nd- **WEST PIT**

Men's High Jump 1st@ 4pm Women's High Jump 2nd

Start Time TBA Running

5000m
5000m
60m Hurdle Prelims
60m Hurdle Prelims
60m Dash Prelims
60m Dash Prelims
Mile
Mile
400m
400m
600m
600m
60m Hurdle Finals (Two heats of nine) (M then W)
60m Dash Finals (Two heats of nine) (M then W)
800m
800m
200m
200m
3000m
3000m
1600m Relay
1600m Relay

Women will run first in all events except hurdle and dash finals.

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.

