



GRAND VALLEY STATE GVSU HOLIDAY OPEN- 12-6-2019

2:45 High Jump

Men's High Jump 1st@ 2:45pm

Women's High Jump 2nd

3:00PM FIELD EVENTS

3:00 Women's 20lb Weight 1st

Men's 35lb Weight 2nd (To follow Women) **CEMENT RING/CAGE**

3:00 Men's Shot Put 1st

Women's Shot Put 2nd (To follow Men) **WOOD RING**

3:00 Men's Long Jump 1ST

Men's Triple Jump to follow (Men on East pit, 3 Jumps and Finals)

3:00 Women's Long Jump 1st

Women's Triple Jump to follow (Women on West pit, 3 Jumps and Finals)

3:00 Women's Pole Vault 1st

(Men's Pole Vault to follow) *If field is large we will use 2 pits both starting at 3pm.

3:00PM RUNNING EVENTS- Estimated Time Schedule- We will run ahead if able.

3:00 60m Hurdle Prelims (W-3 then M-3)

3:25 60m Dash Prelims (W-5 then M-6)

3:55 5000m (W-3 then M-3)

5:55 Mile (W-1 then M-1)

6:10 400m (W-6 then M-7)

6:45 60m Hurdle Finals (M-1 then W-1)

6:50 60m Dash Finals (M-1 then W-1)

6:55 600m (W-1 then M-1)

7:05 1000m (W-1 then NO MEN'S)

7:15 800m (W-2 then M-4)

7:35 200m (W-8 then M-9)

8:15 3000m (W-1 then M-1)

8:40 1600m Relay (W-3 then M-4)

Heat Winners and next fastest to fill 9 lanes will advance to the finals of the hurdles and dash.

Women will go first in all events/ except the final of the hurdles and dash men will go first.

FAST Heats will go first in all events.

