



GRAND VALLEY STATE *Extra Weekend Meet*

Friday/Saturday April 30- May 1st, 2021

In Accordance to the NEW NCAA Rule Change

Grand Valley State meet management designates video review allowable anywhere in the facility that is not on the runway, circle, or jumping area, as well as the track when it is in use. Please consult the field event official if you have questions.

FRIDAY

12pm Hammer Women 1st Men to follow

12pm Javelin Men 1st Women to follow

12pm Triple Jump Men 1st Women to follow

1:00pm **UNSEED** Pole Vault- Men 1st Women to follow (Anyone under 4.50m/3.50m)

INVITATIONAL SECTIONS- **TOP 30-50 ENTRIES**

6:00pm Women's 5k H2-

6:25pm Men's 5K

6:45pm Women's steeple 2 heats

7:15pm Men's steeple 2 heats

7:45pm Women's 800 2-4 heats

8:00pm Men's 800 2-4 heats

***IF WEATHER IS NOT IDEAL FRIDAY NIGHT- INVITE SECTIONS WILL BE MOVED TO SATURDAY NIGHT**

SATURDAY

11:00am Shot Put Men 1st Women to follow

11:00am Discus Women 1st Men to follow

11:00am Long Jump- Women 1st Men to follow

11:00am High Jump- Men 1st Women to follow If needed we will split into two flights in the HJ with a "High Flight" and "Low Flight"

1:00pm **SEED** Pole Vault- Men 1st Women to follow (Anyone seeded over 4.50m/3.50m)

11am 5000m- OPEN

1:00pm 400m Relay

1500m OPEN

400m

100/110m Hurdles- ***Timed Finals***

100m- ***Timed Finals***

800m OPEN

400m Hurdles

200m

3000m Steeplechase OPEN

1600m Relay

YOU CANNOT RACE THE SAME EVENT BOTH DAYS

8:15pm Women's 1500 2-3 heats

8:40pm Men's 1500 2-3 heats

9:00pm Women's 5K H1

9:20pm Men's 5K H1

9:45pm Women's 10K- sub 36:00 minutes

10:25pm Men's 10K- sub 31:00 minutes

**GRAND VALLEY
STATETM
TRACK & FIELD**