



GRAND VALLEY STATE GVSU HOLIDAY OPEN

Friday December 5th, 2025

12:00PM FIELD EVENTS

Men's High Jump 1 st	Women's High Jump 2 nd
Women's 20lb Weight 1 st	Men's 35lb Weight 2 nd (<i>To follow Women</i>) (top 9 will be in INVITE 1st)
Men's Shot Put 1 st	Women's Shot Put 2 nd (<i>To follow Men</i>) on (top 9 will be in INVITE 1st)
Men's Long Jump 1 ST	Men's Triple Jump to follow (<i>Men on East pit, 3 Jumps and Finals</i>)
Women's Long Jump 1 st	Women's Triple Jump to follow (<i>Women on West pit, 3 Jumps and Finals</i>)
Women's Pole Vault 1 st	(Men's Pole Vault to follow) *Two pits if necessary

RUNNING EVENTS (Last year's heat #'s)---Final Time schedule will be adjusted based on final entries/ heats

12:30 60m Hurdle Prelims (4W *then* 4M)

12:50 60m Dash Prelims (8W *then* 12M)

1:30 Mile (2W *then* 2M)

1:55 60m Hurdle Finals (1M *then* 1W)

2:00 60m Dash Finals (1M *then* 1W)

2:05 400m (10W *then* 13M)

2:50 800m (4W *then* 5M)

3:20 200m (14W *then* 15M)

4:00 ***MILE INVITE Women Heat #1***

4:10 ***MILE INVITE Men Heat #1***

4:20 4x400m Relay (4W *then* 4M)

5:00 3000m Men Heat #2

5:13 3000m Men Heat #2

5:25 3000m INVITE Women Heat #1

5:38 3000m INVITE Men Heat #1

5:50 5000m Women Heat #2

6:10 5000m Men Heat #2

6:28 5000m INVITE Women Heat #1

6:45 5000m INVITE Men Heat #1

7:03 5000m Women Heat #3

7:23 5000m Men Heat #3

7:41 5000m Women Heat #4

7:51 5000m Men Heat #4

8:10 5000m Men Heat #5

In Accordance with the NCAA Rule

Grand Valley meet management designates video review 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 event official if you have questions.