



GRAND VALLEY STATE *Extra Weekend Meet*

Saturday April 24-25th, 2026

CONTACT Jerry Baltes about Invite distance races: BALTESJ@GVSU.EDU

Field Events

12:00pm Hammer Women 1st Men to follow

1:00pm Shot Put Men 1st Women to follow

Following Hammer- Discus Women 1st Men to follow

1:00pm Pole Vault- Men 1st Women to follow

1:00pm High Jump- Men 1st Women to follow

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

Running

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

In accordance with the NCAA Rule Book

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.



INVITATIONAL SECTIONS- TOP 30-50 ENTRIES

6:00pm Women's 5k
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
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
STATE TM
TRACK & FIELD**