



GRAND VALLEY STATE *Al & Sue Owens Classic*

Friday/Saturday April 10-11, 2026

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.

FRIDAY

Noon Hammer Women Open 1st Men Open to follow then **WOMEN INVITE AND THEN MEN INVITE**

Noon Javelin Men 1st Women to follow

3:00 pm Triple Jump Men 1st Women to follow

SATURDAY

11:00am Shot Put **MEN OPEN** and then **MEN INVITE 1st** followed by **WOMEN INVITE** and then **WOMEN OPEN** to follow

11:00am Discus Women 1st Men to follow

11:00am High Jump- Women flight 1(seeds 1.56 and under) will go first then Men then Women flight 2(seed 1.57 and up)

11:00am Pole Vault Men' **FLIGHT #1 (Under 4.50m)** followed by Men's **FLIGHT #2 (45 minute warm-up)**

Women's Pole Vault to follow men, (1 FLIGHT/1 hour warm-up)

Noon Long Jump- Women 1st Men to follow

11:00am **5000m- women Heat 2 and then men's heat 2&3**

Noon 100/110m Hurdles- Prelims W-5/ M-4

12:30 100m- Prelims W-7/ M-8

1:10 5000m- W-Heat 1- sub 19:00 seed time/ M Heat 1-sub 15:27.64 seed time

1:50 400m Relay W-2/ M-2

2:00 1500m W-7/M-6

3:15 400m W-6/ M-6

3:45 100/110m Hurdles- Finals M-1/ W-1

3:55 100m- Finals

4:00 800m W-8/ M-8

4:50 400m Hurdles W-3/M-4

5:10 200m W-8/ M-10

5:50 3000m Steeplechase W-1/M-1

6:20 1600m Relay W-2/M-2

***FAST HEATS WILL RUN FIRST IN EVERYTHING
EXCEPT 5000's as noted
WOMEN RUN FIRST IN EVERYTHING EXCEPT
FINALS OF HURDLES AND 100 DASH***

**GRAND VALLEY
STATE™
TRACK & FIELD**