



GVSU BIG MEET- FRIDAY

TRACK & FIELD

FEB 13TH 2026

**All times may change depending on field sizes*

Throws Events

- 2:00 Women INVITE WT** (top 9 entries) *Open section to follow*
Women Weight Standard 15.50m
- 2:30 Men INVITE SP** (top 9 entries) *Open section to follow*
Men Shot Standard 15.00m
- 5:00 Women INVITE SP** (Top 9 Entries) *Open section to follow*
Women Shot Standard 13.00m
- 5:30 Men INVITE WT** (Top 9 Entries) *Open section to follow*
Men Weight Standard 16.50m

Vertical Jump Events

- 2:00 Women Pole Vault** followed by men
(Opening Heights: 3.05m and 4.35m)
- 12:00 Women's Open High Jump** followed by
Men's Open High Jump
(Opening Heights: 1.53-1.55m and 1.85-1.90m)
- 3:30 Women's Invite High Jump** followed by
Men's Invite High Jump
(Opening Heights: 1.56-1.60m and 1.91-2.00m)

Horizontal Events

- 11:30 OPEN LONG JUMP** (Men East Pit/Women West Pit)
Field will have Prelims/Finals
Standards 5.50/6.75
- 3:00 INVITE LONG JUMP** (Men EAST PIT/Women WEST PIT)
-INVITE field will have 6 Jumps
- 4:15 Men's Triple Jump** (INVITE EAST PIT/ Open West Pit)
East Pit 42' Board INVITE will have 6 jumps
West Pit 40" Board will have prelim-finals
Standard:13.70
- 6:00 Women's Triple Jump** (INVITE WEST PIT/Open EAST PIT)
West Pit 32"Wood Board- INVITE will have 6 jumps
East Pit 32" Tape Board- Open will have Prelims/Finals
Standard 11.50

We will run fast to slow on heats where multiple heats are listed for an event.

Heat winners and next fastest times to fill 9 lanes in Finals

Running Events	Number of sections
8:30 Men 5000	section 10-sub 16:00
8:50 Men 5000	section 9
9:09 Men 5000	section 8
9:28 Men 5000	section 7
9:47 Women 5000	section 6-sub 19:00
10:07 Men 5000	section 6
10:26 Women 5000	section 5
10:46 Men 5000	section 5
11:04 Women 5000	section 4
11:23 Men 5000	section 4
11:40 Women 600	4-5 heats-no standard
11:50 Men 600	4-5 heats- no standard
12:00 Women 400 (Open Sections)	4-5 heats--Sub 58.00
12:10 Men 400 (Open Sections)	4-5 heats—Sub 49.5
12:20 Women 800 (Open Sections)	4 heats--- Sub 2:18
12:30 Men 800 (Open Sections)	4 heats--- Sub 1:55
12:45 Women 200 (Open Sections)	6 heats—Sub 25.5
1:00 Men 200 (Open Sections)	6 heats—Sub 22.2
1:15 Women 5000	section 3
1:35 Men 5000	section 3

2:00	Women 60m Hurdle Pre	6 heats---top 54-Sub 9.00
2:15	Men 60 60m Hurdle Prelims	6 heats---top 54-Sub 8.70
2:30	Women 60 Dash Prelims	6 heats---top 54-Sub 7.90
2:45	Men 60 Dash Prelims	6 heats---top 54-Sub 7.00
3:00	Women Mile OPEN	3 heats---sub 5:12
3:20	Men Mile OPEN	3 heats---sub 4:16
3:40	Men 60m Hurdle Finals	1 heat
3:45	Women 60m Hurdle Finals	1 heat
3:48	Men 60m Dash Finals	1 heat
3:50	Women 60m Finals	1 heat
4:00	Women 400	6 heats- top 30
4:15	Men 400	6 heats- top 30
4:30	Women 800	4 heats -top 32
4:45	Men 800	4 heats-top 32
5:00	Women 200	6 heats- top 30
5:15	Men 200	6 heats -top 30
5:30	Women 3000	Section 2--Sub 10:20
5:42	Men 3000	Section 2—Sub 8:30
5:55	Women 4 x 400	4 heats---sub 3:55
6:20	Men 4 x 400	4 heats---sub 3:20
6:40	Women 5000	section 2
6:58	Men 5000	section 2
7:15	Women Mile-Invite	2 sections
7:22	Men Mile- Invite	2 sections
7:30	Women 5000	section 1
7:48	Men 5000	section 1
8:05	Women 3000	section 1
8:15	Men 3000	section 1