



# GRAND VALLEY STATE *GVSU Early Meet*

Friday/Saturday April 3-4, 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**

**12pm** Hammer Women 1<sup>st</sup> Men to follow

**12pm** Javelin Men 1<sup>st</sup> Women to follow

**1pm** Triple Jump Men 1<sup>st</sup> Women to follow

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

### **SATURDAY**

**11:00am** Shot Put Men 1<sup>st</sup> Women to follow

**11:00am** Discus Women 1<sup>st</sup> Men to follow

**11:00am** Long Jump- Women 1<sup>st</sup> Men to follow

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

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

**11:00am** 100/110m Hurdles- Prelims (if necessary)

100m- Prelims (if necessary)

5000m-

**1:00pm** 400m Relay

1500m

400m

100/110m Hurdles- Finals

100m- Finals

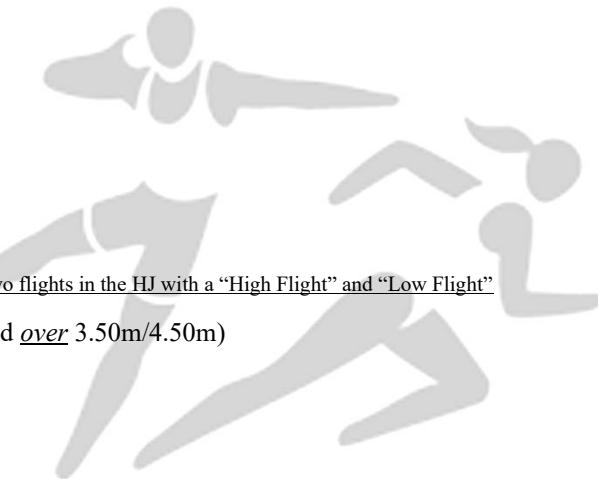
800m

400m Hurdles

200m

3000m Steeplechase

1600m Relay



### ***100m Dash and 100/110m Hurdles***

If more runners report to the check-in than lanes on the track (9) there will be prelims, and finals will follow after the 400m. If nine or less people report at check-in, it will be run as a timed final before the 5k.

Watch direct athletics to see how many are entered in each event.

**GRAND VALLEY  
STATE™  
TRACK & FIELD**