



GRAND VALLEY STATE *Extra Weekend Meet*

FRIDAY APRIL 24th 2026

Field Events

12:00pm

Hammer Women 1st Men to follow

Javelin Men 1st Women to follow

Pole Vault UNSEEDDED - Women 1st Men to follow (Anyone under 3.50m/4.50m)

1:00

Triple Jump Men 1st Women to follow

*** Potential to add INVITE DISCUS FLIGHT or FLIP HAMMER WITH DISCUS IF WINDS ARE BETTER FOR DISCUS

*** Throws will most likely have INVITE FLIGHTS -placement of those are TBD once we see weather outlook.

RUNNING INVITE SECTIONS- TOP 30-60 ENTRIES TIME SCHEDULE TO BE ADJUSTED AFTER FINAL ENTRIES

We will monitor weather and adjust schedule accordingly

IF SATURDAY EVENING LOOKS WAY BETTER WE WILL LOOK TO MOVE INVITE SECTION TO SATURDAY EVENING.

6:00pm Men's 800 B sections 3 heats If needed

6:10 Women's 800 sections 3 heats if needed

6:20 Women's 1500 B sections 2 heats

6:30 Men's 1500 B sections 2 heats

6:40 Women's 5k Heat 3

7:00 Men's 5k Heat 3

7:20 Women's 5k HEAT 2

7:40 Men's 5k HEAT 2

8:00 Women's 800 A sections 3 heats

8:10 Men's 800 A sections 3heats

8:20 Women's steeple 2 heats

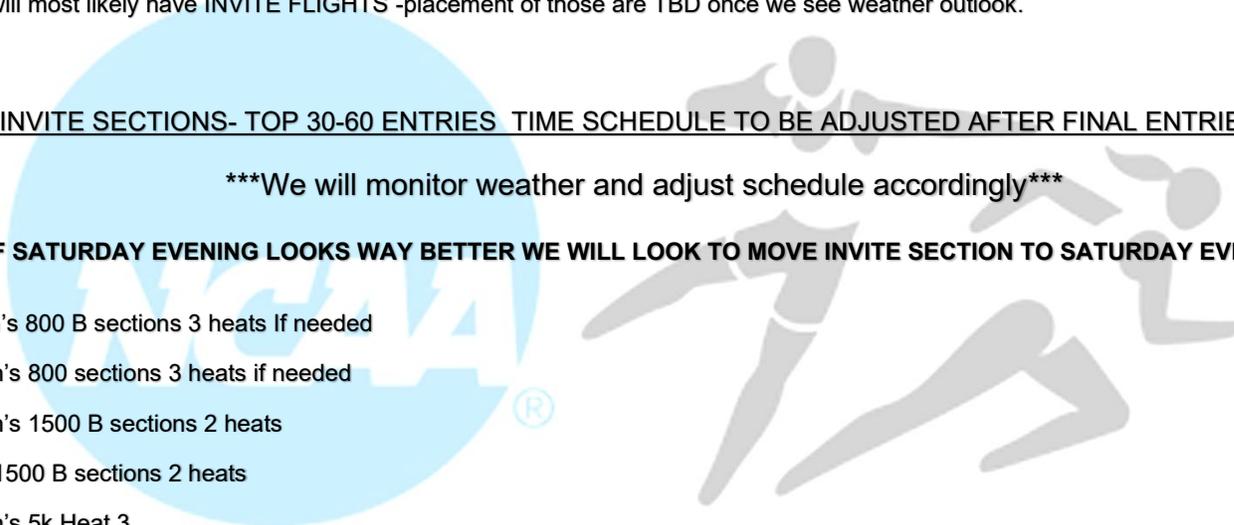
8:45 Men's steeple 2 heats

9:10 Women's 1500 A sections 2 heats

9:20 Men's 1500 A sections 2 heats

9:30 Women's 5K H1

9:50 Men's 5K H1



GRAND VALLEY
STATE TM
TRACK & FIELD

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

GRAND VALLEY STATE *Extra Weekend Meet*

SATURDAY APRIL 25th 2026

FIELD EVENTS

12:00pm Shot Put Men 1st Women to follow

12:00pm Discus Women 1st Men to follow

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

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

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

Running Noon—reminder you cannot compete in the same event both days

5000 OPEN

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.



GRAND VALLEY STATE TM TRACK & FIELD