



GRAND VALLEY STATE GVSU HOLIDAY OPEN

Friday December 5th, 2025

TRACK & FIELD

Presented By
MONDO

12:00PM FIELD EVENTS

| | |
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| Men's High Jump 1 st | Women's High Jump 2 nd |
| Women's 20lb Weight 1 st | Men's 35lb Weight 2 nd (<i>To follow Women</i>) (top 9 will be in INVITE 1st) |
| Men's Shot Put 1 st | Women's Shot Put 2 nd (<i>To follow Men</i>) on (top 9 will be in INVITE 1st) |
| Men's Long Jump 1 ST | Men's Triple Jump to follow (<i>Men on East pit, 3 Jumps and Finals</i>) |
| Women's Long Jump 1 st | Women's Triple Jump to follow (<i>Women on West pit, 3 Jumps and Finals</i>) |
| Women's Pole Vault 1 st | (Men's Pole Vault to follow) <i>*Two pits if necessary</i> |

RUNNING EVENTS

12:30 60m Hurdle Prelims (4W then 4M) [Presented by Lumen Electric]

12:50 60m Dash Prelims (8W then 11M) [Presented by Chick-Fil-A]

1:35 Mile (1W then 1M)

1:55 60m Hurdle Finals (1M then 1W) [Presented by Lumen Electric]

2:00 60m Dash Finals (1M then 1W) [Presented by Chick-Fil-A]

2:05 400m (11W then 12M)

2:50 800m (3W then 5M) [Presented by Fifth Wheel Freight]

3:15 200m (18W then 18M)

4:15 **MILE INVITE Women Heat #1** [Presented by Uccello's]

4:23 **MILE INVITE Men Heat #1** [Presented by Uccello's]

4:30 4x400m Relay (4W then 4M)

5:10 3000m Men Heat #2

5:23 3000m Men Heat #2

5:35 3000m INVITE Women Heat #1

5:45 3000m INVITE Men Heat #1

5000 Meter Run [Presented by Mondo]

5:55 5000m Women Heat #2

6:15 5000m Men Heat #2

6:33 5000m INVITE Women Heat #1

6:52 5000m INVITE Men Heat #1

7:10 5000m Women Heat #3

** WE WILL HONOR 2025 GVSU TRACK AND FIELD / CROSS COUNTRY TEAMS **

7:35 5000m Men Heat #3

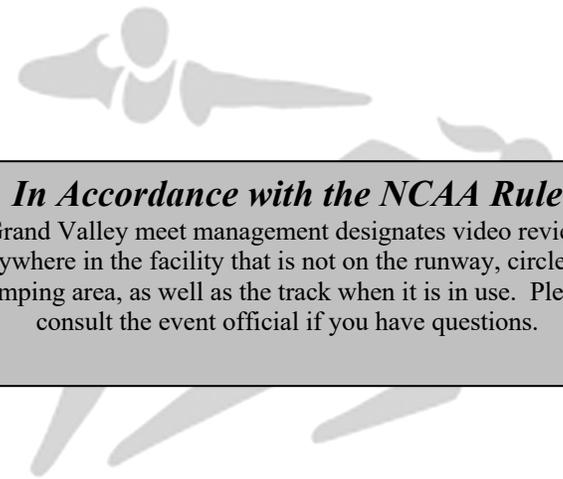
7:53 5000m Women Heat #4

8:13 5000m Men Heat #4

8:31 5000m Women Heat #5

8:51 5000m Men Heat #5

9:10 5000m Men Heat #6



In Accordance with the NCAA Rule

Grand Valley meet management designates video review 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 event official if you have questions.