



GRAND VALLEY STATE *LAST DAY MEET*

Sunday May 10, 2026 (Yes, Mother's Day)

Field Events

Throws:

12:00pm Men's Javelin (Women to Follow)

12:30pm Men's Hammer OPEN

Men's Hammer INVITE to Follow Open

Women's Hammer Throw to Follow Men's Hammer Invite

TBD Women's Shot Put to follow Javelin
Men's Shot Put OPEN to Follow Men's Hammer Invite
Men's Shot Put INVITE to Follow Open

Women's Discus Throw to Follow Women's Hammer Throw
Men's Invite Discus to Follow Women's Discus
Men's Open Discus to Follow Men's Invite Discus

Jumps:

1:00pm Women's Pole Vault (Men to Follow)
Men's High Jump Open (Seeds 2.07 and Lower)
Men's Triple Jump (40' Board Only)

2:00pm Women's Triple Jump (32' Board Only)

3:00pm Women's High Jump
Men's Long Jump (Women to Follow)

5:00pm Men's High Jump Invite (Seeds 2.08 and Higher)

Running

3:30pm 110H Prelims

3:40pm 100H Prelims

3:50pm 100m Prelim MEN

4:00pm 100m Prelim WOMEN

4:05pm 5000m WOMEN

4:30pm 5000m MEN

5:00pm 4x100m Relay WOMEN

5:05pm 4x100m Relay MEN

5:15pm 400m WOMEN

5:20pm 400m MEN

5:25pm 100H Finals

5:30pm 110H Finals

5:35pm 100m Finals WOMEN

5:40pm 100m Finals MEN

5:50pm 400m Hurdles WOMEN

6:00pm 400m Hurdles MEN

6:10pm 200m WOMEN

6:15pm 200m MEN

6:25pm 3000m Steeplechase WOMEN

6:40pm 3000m Steeplechase MEN

6:55pm 4x400m Relay WOMEN

7:00pm 4x400m Relay MEN

7:10pm 800m WOMEN

7:20pm 800m MEN

7:25pm 1500m WOMEN

7:35pm 1500m MEN

