



# GRAND VALLEY STATE *Extra Weekend Meet*

## FRIDAY APRIL 24<sup>th</sup> 2026

### Field Events

- 11:00am Hammer OPEN SECTIONS Women 1<sup>st</sup> Men to follow
- 11:00am Javelin Men 1<sup>st</sup> Women to follow
- 12:00pm **Pole Vault UNSEDED** - Women 1<sup>st</sup> Men to follow

## SATURDAY APRIL 25<sup>th</sup> 2026

### FIELD EVENTS

11:00pm **Hammer Invite** Women first followed by Men

#### **WOMEN DISCUS TO FOLLOW HAMMER COMPLETION:**

Discus Women Open followed by Women Discus Invite  
Followed by Men Discus Invite followed by Men Discus Open

#### **MEN SHOT PUT START WHEN WOMEN DISCUS STARTS**

Shot Put Men Open followed by Men Shot Put Invite  
Followed by Women Shot Put Invite followed by Women Shot Put Open

**1:00pm Pole Vault SEDED-** Women 1<sup>st</sup> Men to follow

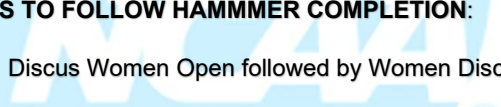
1:00pm **High Jump-** Men 1st Women to follow

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

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

### *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.



# SATURDAY APRIL 25<sup>th</sup> 2026



## **RUNNING EVENTS- WOMEN & FAST HEATS FIRST UNLESS NOTED**

12:00	5k OPEN---	W-HEAT 4/ M-HEAT 4&5
1:15	400m Relay	W-1/ M-2
1:30	1500m OPEN	W-HEATS 5&6/ M-HEAT 5
1:50	400m	W-4/ M-5
2:25	100/110m Hurdles- Timed Finals	W-5/M-2
3:00	<b>SPECIAL PRESENTATION</b>	
3:05	100m Timed Finals	W-6/M-8
3:40	800m OPEN	W-HEATS 5-8/ M-HEATS 5-9
4:10	400m Hurdles	W-4/ M-3
4:25	200m	W-7/ M-8
5:05	3000m Steeplechase OPEN	W-Heat 2/ M-Heat 2
5:35	1600m Relay	W-1/ M-1
5:50	Women's 1500 B sections	Heats 3&4
6:02	Men's 1500 B sections	Heats 3&4
6:12	Women's 5k	HEAT 3
6:32	Men's 5k	HEAT 3
6:50	Women's 5k	HEAT 2
7:10	Men's 5k	HEAT 2
7:28	Women's 800 A sections	Heats 1-4
7:40	Men's 800 A sections	Heats 1-4
7:55	Women's steeple	Heat 1
8:08	Men's steeple	Heat 1
8:25	Women's 1500 A sections	Heats 1&2
8:35	Men's 1500 A sections	Heats 1&2
8:45	Women's 5K	H1
9:03	Men's 5K	H1
9:20	Women's 10k	HT 1
10:00	Men's 10k	HT 1

