



GVSU BIG MEET- FRIDAY-FEB 9TH 2024

BIG MEET PRESENTING SPONSOR:



Throws Events

- 2:00 Women INVITE WT** (top 9 entries) *Open section to follow*
- 2:30 Men INVITE SP** (top 9 entries) *Open section to follow*
- 5:00 Women INVITE SP** (Top 9 Entries) *Open section to follow*
- 5:30 Men INVITE WT** (Top 9 Entries) *Open section to follow*

Vertical Jump Events

- 2:00 Women Pole Vault** followed by **Men** -2 pits
- 12:00 Women High Jump** followed by **Men OPEN HI**
- 3:30 Women Invite High Jump** followed by **Men Invite High Jump**

Horizontal Events

- 11:30 OPEN LONG JUMP** (Men EAST PIT/Women WEST PIT)
-Open Field will have Prelims/Finals
- 3:00 INVITE LONG JUMP** (Men EAST PIT/Women WEST PIT)
-INVITE field will have 6 Jumps
- 4:15 Men's Triple Jump**
East Pit 36' & 42' Board
- 6:00 Women's Triple Jump**
West Pit 32' wood board & 36' Tape board -Prelims/Finals

We will run fast to slow on heats where multiple heats are listed for an event.

Heat winners and next fastest times to fill 9 lanes in Finals

Men will run first in 60 H/ D Finals.

Be at starting line 5 minutes before start of race.

Running Events

Number of sections

8:30	Men 5000	section 10
8:50	Men 5000	section 9
9:09	Men 5000	section 8
9:28	Men 5000	section 7
9:47	Women 5000	section 6
10:07	Men 5000	section 6
10:26	Women 5000	section 5
10:46	Men 5000	section 5
11:04	Women 5000	section 4
11:23	Men 5000	section 4
11:41	Women 5000	section 3
12:00	Men 5000	section 3
12:20	Women 400 (Early Open Sections)	4 heats
12:30	Men 400 (Early Open Sections)	3 heats
12:40	Women 800 (Early Open Sections)	3 heats
12:53	Men 800 (Early Open Sections)	4 heats
1:07	Women 200 (Early Open Sections)	5 heats
1:20	Men 200 (Early Open Sections)	5 heats
1:35	Women 3000 (Early Open sections)	Section 2
1:48	Men 3000 (Early Open section)	Section 2
2:00	Women 600	5 heats
2:15	Men 600	4 heats
2:30	Women 60m Hurdle Pre	6 heats
2:45	Men 60m Hurdle Prelims	5 heats
3:00	Women 60 Dash Prelims	8 heats
3:20	Men 60 Dash Prelims	7 heats
3:40	Women MILE OPEN	4 heats
4:05	Men MILE OPEN	4 heats
4:30	Men 60m Hurdle Finals	1 heat
4:35	Women 60m Hurdle Finals	1 heat
4:38	Men 60m Dash Finals	1 heat
4:40	Women 60m Finals	1 heat
4:45	Women 400 Afternoon	6 heats
5:00	Men 400 Afternoon	6 heats
5:15	Women 800 Afternoon	4 heats
5:30	Men 800 Afternoon	4 heats
5:45	Women 200 Afternoon	6 heats
6:00	Men 200 Afternoon	6 heats
6:15	Women 5000	section 2
6:33	Men 5000	section 2
6:50	Women 4 x 400	4 heats
7:10	Men 4 x 400	3 heats
7:30	Women MILE	section 1
7:38	Men MILE	section 1
7:45	Women 5000	section 1
8:03	Men 5000	section 1
8:20	Women 3000	section 1
8:30	Men 3000	section 1