



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

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