

GRAND VALLEY STATE UNIVERSITY INVITATIONAL
TUESDAY, MARCH 30th 2010
Laker Turf Building

The bus will leave right after school at 2:45pm outside Jimmy Gerken Plaza! You will be excused at 2:30pm and make sure you check with your teacher for anything you might miss. Be sure you don't waste any time and change into your uniforms quickly. We're on a tight schedule and the bus WILL leave without you!

Field Events begin at 4:00pm Long Jump, High Jump, Shot Put, Pole Vault, Discus (only if ground is dry).

Running Events begin at 4:00pm

Order of Events: 60m Hurdle Prelims, 60m Dash Prelims, 4x600m Relay, 1600m, 400m, 60m Hurdle Finals, 60m Dash Final, 800m, 300m hurdles, 200m, 4x300 Relay

EGR Team Entries:

Long Jump:	Jessica Homrich	Carley Morris	Katie Regan	
High Jump:	Brianna Clifford			
Pole Vault:	Carley Morris			
Shot Put:	Brianda Davis	Katie Perez	Ally Bremer	
Discus:	Brianda Davis	Ally Bremer		
60m Hurdles:	Jessica Homrich	Norah Karnazes	Nicole Dear	
60m Dash:	Amber McClendon	Kristina Osipoff	Katie Regan	Catherine Uglietta
4x600 Relay:	Kassidy Clark	Katie Samuelson	Kat Stubbs	Nicole Dear
1600m Run:	Lauren Grunewald	Maddie Vaughn	Jill McLain	Jessie Baloga
400m:	Kellee Flemming	Skye Roberts		
800m:	Susan Hoffman	Kat Stubbs		
300m Hurdles:	Norah Karnazes			
200m:	Kristina Osipoff	Katie Regan		
4x300 Relay:	Carley Morris	Brianna Clifford	Lily Clifford	Lauren Grunewald

Teams in our division: All teams at this invitational are Division 1 and Division 2 schools. There is no team scoring for this meet.

Things to bring: All equipment for events (tape measure, poles, shots/discus, etc.), uniform, warm-ups, money for food (optional). You may wear spikes – but they must be ¼” – NO EXCEPTIONS! There will be a concession stand and t-shirts for sale if you're interested. This meet typically ends later so **bring any homework for the next day**. We'll be camping out on the turf field with all the other teams, so if you need a pillow or your favorite blanket to make yourself comfortable – bring it!

Cost: \$5.00 for spectators

Pack your bag tonight so you won't need to in the morning. Runners are expected to travel on the team bus there and back.

Arrival Home: 9:00pm???

For those athletes not participating in this meet, you will have practice as usual. Mr. Fisher will be there to conduct your workouts.