



2025 Grinnell Opener

FRIDAY, DEC. 5, 2025:

FIELD EVENTS

4:15 – 5:00 pm Weigh-in for all throwing events

5:30 Weight Throw: Men, Women to Follow

5:30 Shot Put: Women, Men to Follow

5:30 Long Jump: Men, Women to Follow
After Long Jump – Triple Jump: Men, Women to Follow

5:30 Pole Vault: Men, Women to Follow

5:30 High Jump: Women, Men to Follow

RUNNING EVENTS Set Time Schedule – We Will Not Run Ahead – Men then Women

6:30 PM Start Mile Run

6:45 60M High Hurdle Prelims (If fewer than 8 entries, we will run as a final only, at 7:35 PM)

6:55 60M Dash Prelims

7:10 300M Dash

7:25 800M Run

7:35 60M High Hurdle Finals

7:45 60M Dash Finals

7:55 5000M Run

8:35 4x200 Relay

8:45 4x400 Relay

8:55 Done