



# 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