

Southern Wesleyan
Gotta Run Invite. March 29,2024
Meet Info

Southern Wesleyan University/ GottaRun Invitational
April 29, 23024

Where: Southern Wesleyan University, 635 Wesleyan Drive Central, SC 29630

Team Entry Fee: 600.00 per team 1,200.00 combined programs. A team consists of 10 or more. \$50 per athlete under 10. Must pay via DirectAthletics.com online.

Athletes in the 200 will need to declare by 2 PM the day of for the event.

Meet entry procedures: www.directathletics.com. **Limit of 4 entries per throwing event** not counting relays (2 teams)! Unlimited running entries **ENTRY DEADLINE is MARCH 25 @ 11:59 PM**

PLEASE 1/4 PYRAMID SPIKE ONLY!! NO CHRISTMAS TREES

Weigh-Ins: Starts 1.5 hours prior to the start of field events. Please weigh in all implements at this time.

Check-In: Check in for all running events will be 1 hour before. The check-in tent will be at the 100m Start line. Intent to run in the 200m must be done by specific time as this event will be seeded based on check-ins only.

Field Event Check-In: Check in for field at event specific site 1 hour prior to event start.

Parking: Gravel Lot across the street from the facility, as well as the softball parking lot.

Final Schedule will be emailed to you **Wednesday** prior to the meet.

Contact Trey Stewart or Larry Clark

Tstewart@swu.edu or lclark@swu.edu



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GottaRun Invite March 29

Final SCHEDULE

Weigh in 7 Am

FIELD EVENTS

9:00 HAMMER MEN
9:00 JAVELIN WOMEN
10:00 LONG JUMP M & W
10:00 HIGH JUMP MEN
10:00 POLE VAULT WOMEN
10:45 HAMMER WOMEN
11:30 JAVELIN MEN
1:15 DISCUS MEN
1:15 SHOT PUT WOMEN
12:30 TRIPLE JUMP M & W
12:30 POLE VAULT MEN**
1:00 HIGH JUMP WOMEN
3:45 SHOT PUT MEN
3:45 DISCUS WOMEN



RUNNING EVENTS

10:00 3k Steeple WOMEN
10:15 3k Steeple MEN
10:30 5k WOMEN
11:15 5k MEN

11:45 SENIOR AWARDS

12:30 4X100M WOMEN
12:40 4X100M MEN
12:50 1500M WOMEN
1:10 1500M MEN
1:30 100M HURDLES
1:45 110M HURDLES
2:00 400M WOMEN
2:15 400M MEN
2:35 100M WOMEN
2:50 100M MEN
3:00 800M WOMEN

*****Cut off to DECLARE FOR 200M BY 3:15*****

3:20 800M MEN
3:35 400H WOMEN
3:45 400H MEN
3:55 200M WOMEN
4:15 200M MEN
4:35 3k WOMEN
4:50 3k MEN
5:10 4X400M WOMEN
5:25 4X400M MEN

Notes: We will close implement inspection at 2 pm. Coaches we may run up to 10 minutes ahead of scheduled start times.