

Southern Wesleyan University

2017 Susan Rouse Invitational

Meet Information

Where: Southern Wesleyan University, 907 Wesleyan Drive Central, SC 29630

Tentative schedule attached

Final Schedule will be emailed to you Tuesday prior to the meet.

Team Entry Fee; 300.00 per team 600.00 combined programs, Make checks payable to Southern Wesleyan University. A team consist of 10 or more if less than 10 then it will be 20.00 per athlete

Unattached Athletes: are limited to athletes that attend any of the schools that are participating, Fee is 20.00

Meet entry procedures www.Directathletics.com, may have 2 relays, running and field event no limits

There is no minimum mark all throws and jumps will be measured

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

Weigh-Ins: Will start 1 hour and 30 minutes prior to the 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 start line for the 100 meter dash.

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

Parking: Parking is very limited on our campus. We will send you an email closer to the day of the meet informing where to park all buses and cars.

Restrooms: We will have portolets and access to restrooms at the Softball complex and the Newton Hobson building.

Time Schedule (tentative)

Friday Events:

3:00 Men Pole Vault
Men Hammer
Men Javelin
5:00 Women Pole Vault
Women Hammer
Women Javelin

Saturday Field Events:

10:00 Long Jump Men & Women
10:00 High Jump Men
10:00 Discus Men
10:00 Shot Put Women
12:15 Triple Jump Men & Women
12:30 High Jump Women
12:30 Shot Put Men
12:30 Discus Women

Saturday Running Events:

11:15 5000M Men
11:35 5000M Women
12:00 4x100M Relay Women
12:10 4x100M Relay Men
12:20 1500M Women
12:35 1500M Men
12:50 100M Hurdles
1:00 110M Hurdles
1:15 400M Women
1:30 400M Men
1:45 100M Women
2:00 100M Men
2:15 800M Women
2:30 800M Men
2:45 400M Hurdles Women
2:55 400M Hurdles Men

Saturday Running Events

(continued):

3:10 200M Women
3:25 200M Men
3:40 3000M Women
4:00 3000M Men
4:15 4x400M Relay Women
4:30 4x400M Relay Men

Friday Multi's:

Decathlon:

12:00 100M
12:45 Long Jump
1:45 Shot Put
2:35 High Jump
4:30 400M

Heptathlon:

12:15 100H
1:00 High Jump
2:45 shot put
3:45 200M

Saturday's Multi's:

Decathlon:

8:00 110H
8:35 Discus
9:40 Pole Vault
1:00 Javelin
3:00 1500M

Heptathlon:

8:00 Long Jump
9:05 Javelin
10:30 800M