

Southern Wesleyan
2017 Susan Rouse Invitational
Conduct Sheet

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; 350.00 per team 700.00 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: Limited to athletes that attend any of the schools participating, Fee is 20.00

Meet entry procedures: www.Directathletics.com, 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: Starts 1.5 hours 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: Gravel Lot across the street from the facility, as well as the softball parking lot.

Restrooms: Portable toilets, restrooms at the Softball complex, and the Newton Hobson building.

Tentative SCHEDULE 4/7-8/17

Susan Rouse Invitational

Southern Wesleyan University

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
- 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
- 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