

Southern Wesleyan
2018 Susan Rouse Invitational
REVISED SCHEDULE

Friday Field Events:

2:30 Men Pole Vault
**3:00 Women Javelin/ Men follow
Men Hammer/ Women follow**
4:30 Women Pole Vault

Friday Running Events:

3:00 4x100m Women
3:10 4x100m Men
3:45 100H
4:00 110H
4:25 100 Women
4:45 100 Men
5:45 200m Women
6:20 200m Men

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:

10:45 1500M Women
11:25 1500M Men
12:05 5000M Women
12:35 5000M Men
1:15 400M Women
1:35 400M Men
1:50 800M Women
2:10 800M Men
2:35 400H Women
2:50 400H Men
3:10 3k Steeple Women
3:25 3k Steeple Men
3:45 4x400M Relay Women
4:00 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
8:40 Discus
9:40 Pole Vault
11:45 Javelin
12:30 1500M

Heptathlon:

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



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