

FINAL SCHEDULE 4/6-7/18

Susan Rouse Invitational

Southern Wesleyan University

Friday Events:

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

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 5000M WOMEN
11:40 5000M MEN
12:00 4x100M Relay Women
12:05 4x100M Relay Men
12:15 1500M Women
12:35 1500M Men
1:05 100M Hurdles
1:15 110M Hurdles
1:25 400M Women
1:35 400M Men
1:50 100M Women
2:05 100M Men
2:15 800M Women
2:30 800M Men
2:45 400H Women
2:55 400H Men
3:10 200M Women
3:25 200M Men
3:45 3k Steeple Women
4:05 3k Steeple Men
4:25 4x400M Relay Women
4:35 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

