

Southern Wesleyan
GottaRun Invite April 1, 2023.

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
1:00 HIGH JUMP WOMEN
2:00 POLE VAULT MEN
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