

Southern Wesleyan University
Susan Rouse Invitational – March 1st, 2025
Tentative Schedule
Implement Weigh in – 7:30am

Field Events:

9:00am Hammer Men
9:00am Javelin Women
10:00am Long Jump M & W
10:00am Pole Vault Women
10:00am High Jump Men
11:00am Hammer Women
11:30am Javelin Men
12:30pm Triple Jump M & W
12:30pm Pole Vault Men
1:00pm High Jump Women
1:00pm Discus Men
1:45pm Shot Put Women
3:00pm Discus Women
3:30pm Shot Put Men

Running Events:

10:00am 3k Steeple Women
10:15am 3k Steeple Men
10:30am 5k Women
11:15am 5k Men
12:00pm 4x100 Women
12:15pm 4x100m Men
12:30pm 1500m Women
12:50pm 1500m Men
1:10pm 100m Hurdles Women
1:25pm 110m Hurdles Men
1:40pm 400m Women
1:55pm 400m Men
2:15pm 100m Women
2:30pm 100m Men
2:40pm 800m Women
2:55pm Cut off Declaration of 200m
3:00pm 800m Men
3:15pm 400H Women
3:25pm 400H Men
3:35pm 200m Women
3:55pm 200m Men
4:15pm 3K Women
4:30pm 3K Men
4:50pm 4x400 Women
5:05pm 4x400 Men