

SLIPPERY ROCK UNIVERSITY
DAVE LABOR ALUMNI INVITATIONAL
Friday & Saturday, April 4-5th 2025

Alumni Event Notes: This meet is named after Dave Labor, who served as an assistant coach with the track and field program for 17 years. During his tenure at SRU, coach Labor helped to develop many great sprinters and hurdlers. Following the competition of the open 100m dash, all alumni are encouraged to partake in the Dave Labor Memorial 100m Dash. Furthermore, we would like to welcome all track and field alumni to come and join us at North Country Brewery at the conclusion of the meet.

Future Dates of Dave Labor Invt: 4/3-4/2026, 4/2-3/27

Entry Fee: The entry fee is \$400 per team (\$800 both genders) and \$25 for individual entries.

All payments will be submitted through direct athletics.

Entry Procedures: All entries will be done through www.directathletics.com. The entry deadline will be Tuesday, April 1st at 8pm. No scratches or additions on the day of competition. Performance list will be posted at www.rockathletics.com by noon on Wednesday.

Entry Limits: Teams will be limited to 4 athletes in the Long Throws, Pole Vault and Long Jump. Teams with more than 4 athletes, able to reach the following marks, will be permitted to add additional athletes.

Men's Marks:

- Javelin = 40m
- Hammer = 35m
- Discus = 35m
- Long Jump = 5.50m
- Pole Vault = 4.00m

Women's Marks:

- Javelin = 30m
- Hammer = 30m
- Discus = 30m
- Long Jump = 4.50m
- Pole Vault = 3.10m

Timing / Live Results: All timing services will be handled by Wolf Creek Timing. Please see, <https://wolfcreektrackclub.com/> for the most up to date heat sheets and results.

Tentative Meet Schedule: We will make corrections to the meet information and schedule as needed.

All updated meet information will be sent to coaches on Wednesday afternoon.

Implement Inspection: Weigh-ins for all throwing events will take place in the garage located at the main stadium entrance. The weigh-ins will begin at 8:00 a.m. and end promptly at 10:30 a.m. Please bring your, CLEAN implements to garage door.

Clerking Tent: The clerking tent will be located on the runout at the scoreboard end of the track.

Check-in procedures:

- Running Events (800 meters and above) will check in at the clerking tent to receive hip numbers.
- Sprinting Events (400m and down) will check in at the start line for their respective events.

Re-seeding Races: (200m, 5,000m, & 4x400m)

- 200m and 5,000m athletes must declare at the clerking tent before the start of the 400 hurdles.
- 4x400m teams must declare at the clerking tent before the start of the 5000m run.

SRU T/F Staff Contact Information:

| | | |
|----------------|--|----------------|
| Bill Jordan: | William.Jordan@sru.edu | (724) 372-3596 |
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FRIDAY April 4th:

1:30 pm

Hammer Throw Competition

Men's Hammer, Women to follow (Max 3 flights of 12)

Saturday April 5th

RUNNING EVENTS:

10:00 a.m.

10,000m

5000m

4 x 100m relay

1500m

100/110 hurdles prelims

100m prelims

400m

110 hurdles finals

100 hurdles finals

100m finals

800m

400 hurdles

200m

3000m Steeplechase

4 x 400m relay

WOMEN FIRST IN ALL RUNNING EVENTS

Check in at white tent for hip #

Check in at white tent for hip #

Check in at starting line

Check in at white tent for hip #

Check in at starting line

Check in at starting line

Check in at starting line

Check in at starting line

Check in at starting line

Check in at starting line

Check in at white tent for hip #

Check in at starting line

Declare at white tent for hip #

Check in at white tent for hip #

Declare at white tent for hip #

THROWING EVENTS:

10:00 am

Discus

South Discus Cage

1. Men's Championship Discus (Top 2 flights & 9 to finals)

2. Women's Championship Discus (Top 2 flights & 9 to finals)

10:00 am

Discus

North Discus Cage

1. Men's Discus (Flights 1-3)

2. Women's Discus (Flights 1-3)

10:00 am

Shot Put

North Shot Put Circle

1. Women's Shot put (Flights 1-3)

2. Men's Shot Put (Flights 1-3)

10:30 am

Shot Put

South Shot Put Circle

1. Women's Championship Shot put (Top 2 flights + 9 to finals)

2. Men's Championship Shot Put (Top 2 Flights + 9 to finals)

11:00 am

Javelin

All-weather runway across Harmony Rd

1. Women's Javelin (All Flights + Finals)

2. Men's Javelin (Flights 1-3)

Following DT

Javelin

Stadium runway (Main throwing field)

1. Men's Championship Javelin (Top 16 + 9 to finals)

JUMPING EVENTS:

10:00 am

Score Board Runway (Rolling schedule)

1. Women's Long Jump, (Flight 3-4, 9 to finals)

2. Men's Long Jump (All Flights, 9 to finals)

10:00 am

Windward LJ/TJ Runway (Rolling schedule)

1. Women's Long Jump (Flights 1-2)

2. Men's Triple Jump (All Flights, 9 to finals)

3. Women's Triple Jump (All Flights, 9 to finals)

10:30 a.m.

Women's Pole Vault followed by men's PV

(Women Progression: 2.80, 2.95, 3.10, 3.25, 3.40, 3.55, 3.70, 3.80, 3.90, 4.00 +5cm)

(Men Progression: 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95, 5.05, 5.15, 5.25 +5cm)

11:00 am

Women's High Jump followed by Men's HJ

(Women Progression: 1.40, 1.45, 1.50, 1.55, 1.60, 1.65, 1.70, 1.73, 1.76, 1.79)

(Men Progression: 1.70, 1.75, 1.80, 1.85, 1.90, 1.95, 2.00, 2.05, 2.08, 2.11)