

**SLIPPERY ROCK UNIVERSITY**  
**DAVE LABOR ALUMNI INVITATIONAL**  
**Friday & Saturday, April 3-4<sup>th</sup> 2026**

**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.

**Meet Note:** We are altering the order of events this year to accommodate a home Lax Game scheduled for 6:00pm Saturday evening. We apologize for the inconvenience, but we are unable to move this game to Sunday because of Easter.

**Entry Limits:** Field sizes will need to be limited to accommodate the 4:30pm deadline on Saturday. Currently, we are only expecting entry limitations in select field events but we will reserve the right to limit running events after entries close if necessary. An accepted entry list will be published on Wednesday morning.

**Future Dates of Dave Labor Invt:** 4/2-3/27, 4/7-8/28, 4/6-7/29

**Entry Fee:** The entry fee is \$500 per team (\$1,000 both genders) and \$50 for individual entries.  
**All payments will be submitted through direct athletics.**

**Entry Procedures:** All entries will be done through [www.directathletics.com](http://www.directathletics.com). The entry deadline will be Tuesday, at 8pm. No scratches or additions on the day of competition. Performance list will be posted at [www.rockathletics.com](http://www.rockathletics.com) by noon on Wednesday.

**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.

<b>SRU T/F Staff Contact Information:</b>	Bill Jordan: <a href="mailto:William.Jordan@sru.edu">William.Jordan@sru.edu</a>	(724) 372-3596
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**FRIDAY April 4<sup>th</sup>:**

<b>1:30 pm</b>	Men's Hammer, Women to follow (Max 3 flights of 12)		
<b>2:00pm</b>	Men's Pole Vault (Men Progression: 4.03, 4.18, 4.33, 4.48, 4.63, 4.78, 4.93, 5.03, 5.08 +5cm)		
<b>2:00pm</b>	<u>Windward LJ/TJ Runway (Rolling schedule)</u>		
	1. Men's Triple Jump (All Flights, 9 to finals)		
	2. Women's Triple Jump (All Flights, 9 to finals)		
<b>4:00pm</b>	1500m	4:00 pm	Check in at white tent for hip #
	3000m Steeplechase	5:15pm	Check in at white tent for hip #
	5000m	6:00pm	Check in at white tent for hip #
	10,000m	7:00pm	Check in at white tent for hip #

**Saturday April 5<sup>th</sup>**

**RUNNING EVENTS:**

<b>10:00 a.m.</b>	4 x 100m relay
	400m
	100 hurdles finals
	110 hurdles finals
	100m finals
	800m women
	400 hurdles
	200m
	800m men
	4 x 400m relay

**WOMEN FIRST IN ALL RUNNING EVENTS**

10:00am	Check in at starting line
10:30am	Check in at starting line
11:15am	Check in at starting line
11:45am	Check in at starting line
12:00pm	Check in at starting line
12:45pm	Check in at starting line
1:15pm	Check in at starting line
2:00pm	Declare at white tent for hip #
3:00pm	Check in at starting line
3:30pm	Declare at white tent for hip #

**THROWING EVENTS:**

<b>10:00 am</b>	Discus	<u>South Discus Cage</u>
	1. Men's Championship Discus (Top 2 flights & 9 to finals)	
	2. Women's Championship Discus (Top 2 flights & 9 to finals)	
<b>10:00 am</b>	Discus	<u>North Discus Cage</u>
	1. Men's Discus (Flights 1-2)	
	2. Women's Discus (Flights 1-2)	
<b>Following South DT</b>	Shot Put	<u>North Shot Put Circle</u>
	1. Women's Shot put (Flights 1)	
	2. Men's Shot Put (Flights 1)	
<b>10:00 am</b>	Shot Put	<u>South Shot Put Circle</u>
	1. Women's Championship Shot put (Top 3 flights + 9 to finals)	
	2. Men's Championship Shot Put (Top 3 Flights + 9 to finals)	
<b>10:30 am</b>	Javelin	<u>All-weather runway across Harmony Rd</u>
	1. Women's Javelin (All Flights + Finals)	
	2. Men's Javelin (All Flights + Finals)	

**LONG JUMP:**

<b>10:30 am</b>	<u>Score Board Runway (Rolling schedule)</u>	
	1. Women's Long Jump, (Flight 3-4, 9 to finals)	
	2. Men's Long Jump (Flights 3-4, 9 to finals)	
<b>10:30am</b>	<u>Windward LJ/TJ Runway (Rolling schedule)</u>	
	1. Women's Long Jump (Flights 1-2)	
	2. Men's Long Jump (Flights 1-2)	

**Vertical Jumps:**

<b>11:00 am</b>	Men's High Jump	(Men Progression: 1.70, 1.75, 1.80, 1.85, 1.90, 1.95, 2.00, 2.05, 2.08, 2.11)
<b>11:00 am</b>	Women's High Jump	(Women Progression: 1.40, 1.45, 1.50, 1.55, 1.60, 1.65, 1.70, 1.73, 1.76, 1.79)
<b>11:00 a.m.</b>	Women's Pole Vault	(Women Progression: 2.95, 3.10, 3.25, 3.40, 3.55, 3.70, 3.80, 3.90, 4.00 +5cm)