

**4th Annual Joe LaRocco Invitational
Hosted by Roanoke College
February 15, 2025**



TRACK & FIELD

Location: Cregger Fieldhouse. 287 High St. Salem, VA 24153

Entry Fee: \$550 per gender / \$1,100 men's and women's teams combined. Teams under 10 athletes pay \$55.00 per athlete / \$75.00 per relay.

All Entry Fees must be paid online through Athletic.Net

Entry Limit(s):

- Field events will be capped at 48 entries.
- Track events will have unlimited entries.

Timing & Results: Snap Timing will be handling the timing/results of the meet. Instant meet results will be posted online at www.snaptiming.com. Final results will also be posted on www.tfrrs.org.

Athlete Bus Drop-off and Pick-up: Buses may drop off athletes in front of the Cregger Center. There will be no parking or standing of buses in this area, Buses can park at one of two places.

- Salem Civic Center Parking Lot (1001 Roanoke Blvd, Salem, VA 24153)
- Kroger Grocery Store on Main St. in Salem (1477 W Main St, Salem, VA 24153)
- Big Lots Parking Lot on W Main St. in Salem (1227 W Main St, Salem, VA 24153)

Coaches may call their drivers only when the entire team is ready to load and depart.

Athlete Van Drop-off and Pick-up: Vans can park in the Lower Olin Parking lot located down the hill from the Cregger Center, just off Thompson Memorial Drive.

Team Camp Area(s):

Team camps will be located in the basketball arena.

Athlete Check-In:

- Field Events: All field event athletes will be required to check-in at their event site 15 minutes prior to the scheduled start of their event.
- Track Events: All running event athletes must check-in 30 minutes prior to the start of their event. Check-In for track events will be located in the foyer outside of the basketball arena, right beside spike check.

Spike Check: Friday and Saturday will be located in the foyer outside of the basketball arena.

- **ONLY** ¼ pyramid are allowed on the fieldhouse surface. There will be a spike check at the check-in area located outside the basketball arena.

Weigh In: Located behind the throwing cage

Saturday, February 15th (8:30 AM – 9:30 AM)

Spectator Admission: \$10.00 for adults, \$5.00 for children between the ages of 9-17. Children 8 and under get in for free.

- Free Admission for Roanoke College Students, Faculty, and Staff.

Facility: 6 lane (8 lane straightaway) 200 m flat Beynon BSS 1000 Hobart textured surface with the widest allowable NCAA turn radius. There are 2 LJ/TJ runways, 2 throwing areas and 1 pole vault runway.

Field Events: LJ/TJ/SP and WT will each have 3 attempts in preliminaries. We will then take 9 athletes to finals in which they will have 3 more attempts.

PV/HJ Opening Heights: Women's HJ (1.45m), Men's HJ (1.75m), Women's PV (2.75m), Men's PV (3.60m)

Takeoff boards: Long Jump 10'. Women's Triple Jump 26' and 32'. Men's Triple Jump 36' and 42'.

- **Tape:** Only athletic tape may be used as markers for the jumps. NO chalk or other type of tape allowed.

Scoring: This is an unscored team invitational.

Athletic Training: Athletic trainers will be available on Friday and Saturday. If you are not traveling with a trainer, please supply your own taping materials and arrange any use of modalities in advance.

- All other questions regarding athletic training, contact Bailee Cox at cox@roanoke.edu.

SENIOR DAY RECOGNITION: We will be honoring our Senior Class at 9:00am on Saturday, February 15th, 2025 near the finish line and on the straightaway. Track area on the 8 lane straightaway will be closed during this time.

Questions:

Drew Ludtke

Meet Manager for Roanoke College

Cell – 906-430-7018

Email – hq2running@gmail.com

Derek Workman

Director of Cross Country / Track & Field

Roanoke College

Office – 540-375-4934

Cell – 724-831-9701

Email – workman@roanoke.edu



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