



Southern New Hampshire University's Ed Daniels Invitational



Date: Saturday, April 12, 2025

Location: SNHU's Mark A. Ouellette Stadium at 80 Victory Lane. Hooksett, NH 03106

Entry Deadline: Wednesday, April 9th at 2:00 pm EST

Entry Procedure: All entries will be completed through Direct Athletics. Only past TFRRS marks will be used for seeding purposes. Please note out any NT/NM for seeding conversion purposes.

Entry Fee: \$450 per gender team fee cap. All entry fees need to be paid through Direct Athletics. Entries will not be processed until entry fees are paid.

Unattached Athletes: \$25 per event. Registration is through Direct Athletics.

Event Limits: TBD

Schedule: The meet will run on a timed schedule up to 10 minutes ahead of schedule. Timed schedule will be provided after entries close. See event schedule for order of events.

Weigh-In: Weigh-ins will be held at shed in the Ed Daniel's throws area (north-east end of stadium) 90min prior to start of first throws event. Any implement not weighed in by this time will not be allowed in the competition.

Field Events: Athletes will report to the event site 1 hour prior to the start of their event for check-in. *Throws and horizontal jumps will be given 3 attempts with top 9 going to finals for 3 additional attempts.*

Starting Heights: See below

Running Events: *We will have the ability to switch start/finish for 100/200 and short hurdles. All running events are timed finals (heats will run fast to slow) except for the 100m/100H/110H which will run a prelim and final.*

Spikes: Spike length and shape limited to **¼" Pyramid spikes**. No exceptions.

Restrooms: Restrooms will be located along the concourse level and in the lower-level guest locker rooms.

Team Camps: Please set your team camps in the stands, but please do not erect tents in the stands. Tents will be allowed on the northern open end of the concourse. Please do not make team camps on the emergency roads around the track, the infield or in the throws area. **The infield and throws area must be kept clear at all times by non-competitors.**

Track Markings- No Chalk will be allowed to mark the track. Athletic tape will be allowed for use as field event markers and relay exchange zones.

Athletic Training: Trainers will be available 1hr prior to the start of the meet. Please bring your own materials needed for taping. Ice will be available to all athletes. If an athlete needs any type of treatment please have your training staff contact our head trainer Vin Zuccala 603-645-9657 to make arrangements.

Results: Timing will be run by Lancer Timing. Live updates will be available at <http://www.lancertiming.com/>

Admission: Admission is free to all spectators.



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(Will run up to 15min ahead of schedule)

FIELD	EVENTS	
11:00AM	Men's Long Jump followed by Women's Long Jump	Flights/Finals
	Followed by Men's Triple Jump and Women's Triple Jump	Flights/Finals
11:15AM	Men's Pole Vault ; Followed by Women's Pole Vault	
11:00AM	Women's High Jump followed by Men's High Jump	
11:00AM	Women's Shot Put followed by Men's Shot Put	Flights/Finals
10:30AM	Men's Hammer ; Followed by Women's Hammer	Flights/Finals
	Followed by Men's Discus; Followed by Women's Discus	Flights/Finals
10:45AM	Men's Javelin ; Followed by Women's Javelin;	Flights/Finals
TRACK	EVENTS	
11:00AM	Women's 4x100m Relay	Finals
	Men's 4x100m Relay	Finals
	Women's 3,000m Steeplechase	Finals
	Men's 3,000m Steeplechase	Finals
	Women's 100m	Prelims
	Men's 100m	Prelims
	Women's 100m Hurdles	Prelims
	Men's 110m Hurdles	Prelims
	Women's 1 Mile Run	Finals
	Men's 1 Mile Run	Finals
	Men 110m Hurdles	Finals
	Women's 100m Hurdles	Finals
	Women's 100m Dash	Finals
	Men's 100m	Finals
	Women's 400m Dash	Finals
	Men's 400m Dash	Finals
	Women's 800m Run	Finals
	Men's 800m Run	Finals
	Women's 400m Hurdles	Finals
	Men's 400m Hurdles	Finals
	Women's 200m Dash	Finals
	Men's 200m Dash	Finals
	Women's 5,000m Run	Finals
	Men's 5,000m Run	Finals
	Women's 4x400m Relay	Finals
	Men's 4x400m Relay	Finals



Southern New Hampshire University's 2024 PENMEN RELAYS



HJ / PV Progressions: TBD

Triple Jump Board Distances: Women: 9m painted, 11m board
Men: 11m board, 13m board