

Bumble Rumble – Jan 18, 2025

- Where:** St. Ambrose University – Wellness & Recreation Center Rogalski Center Parking lot, NE corner of campus Scott St. and Lombard
- Entries:** Entries will be done through Direct Athletics with scoring and timing provided by AccuRaceTiming.com... Entries will be due by Thursday, Jan 16 at noon.
- Entry Fee:** \$250 per team / \$500 per school – Checks payable to St. Ambrose Track & Field. Or \$20 per individual up to the team fee.
- Track:** 6-lane, 200m Mondo surface with 8 sprint lanes No food or drinks other than water in the fieldhouse please
- Spectators:** Admission is \$5, (venmo, paypal available)
- Team camps:** Team Camps will be in classrooms upstairs in the wellness center.
- Warm-up:** The running track above Lee Lohman Arena will serve as the warm-up area
- Spikes:** 1/4" pyramid spikes only. Spikes will be checked at the clerking table and before field events.
- Trainers:** SAU Athletic Trainers will be on site. They will apply tape but please bring your own tape.
- Results:** Results will be posted online at accuracetiming.com LIVE through the day. Full results will be emailed to coaches as well as posted to TFRRS.
- Scoring:** Meet with be scored
- Running Events:** Heats will be ran slow to fast.
- Meet director:** Tyler Mulder – 563.449.6610 – muldertyler@sau.edu
- Parking:** The Rogalski Center Parking Lot should accommodate parking needs for all busses and spectators. Auxiliary parking will be to the west of the Wellness Center.
- Weigh-ins:** Throwing implements must be weight in at the throwing venue. 10:00 AM. On the day of the meet. No late weigh ins
- Coaches Meeting:** There will be a coaches meeting at 10:45 AM at the timing table. You can provide scratches and pick up meet information at this meeting.

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Schedule of Events

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Field Events

11:00 a.m. High Jump (men followed by women)

11:00 a.m. Triple Jump followed by Long Jump
(Women on North runway, men on East runway)

11:00 a.m. Weight Throw (women/men)

11:00 a.m. Pole Vault (women/men)

1 p.m. Shot Put women followed by men (women's shotput will compete on the High Jump Apron following the conclusion of HJ)

Running Events

12:00 p.m. 60m Dash (prelim)

12:15 p.m. Mile

12:30p.m. 400m

12:40 p.m. 60m Hurdles (Men's Timed FINAL)

12:50 p.m. 60m Dash (FINAL)

12:55 p.m. Barney Bee Kids race

1:00 p.m. 3000m

1:20 p.m. 800m

1:25 p.m. 600m

1:35 p.m. 200m

2:05 p.m. 1000m Run

2:15 p.m. 4x400

Tentative schedule –