



Chicagoland Collegiate Athletic Conference – February 7-8, 2025

- Where:** St. Ambrose University – Wellness & Recreation Center Rogalski Center Parking lot, NE corner of campus Scott St. and Lombard
- Entries:** Each School may enter 4 individuals per event. Each School may enter one relay team per relay event. Entries best meet performances for the current season must be included on the entry. Entries without seed times may be entered but will be ranked at the bottom of the list. Entries will be done through Direct Athletics with scoring and timing provided by AccuRaceTiming.com... Entries will be due by Tuesday, Feb 4 by 5:00 P.M. Late entries shall not be allowed.
- Entry Fee:** \$700 per school – Checks payable to St. Ambrose Track & Field.
- 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 will 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. 12:000-3:00 p.m. On the day of the meet. No late weigh ins
- Coaches Meeting:** There will be a coaches meeting at 11:45 AM at the timing table. You can provide scratches and pick up meet information at this meeting.

Feb 7-8, 2025

Championship Meet Order of Events

Day One (Friday)

Pentathlon

1:00 p.m. 60mH

1:35 p.m. High Jump

3:00 p.m. Shot Put

3:35 p.m. Long Jump

5:00 p.m. 800m run

Heptathlon

1:15 p.m. 60m dash

1:45 p.m. Long Jump

2:45 p.m. Shot Put

3:30 p.m. High Jump

Track Events

3:30 p.m. 200m (prelims, if needed)

4:00 p.m. 4x800 run

4:20 p.m. 3K Race-walk (m/w)

4:45 p.m. 60m H (semi's)

5:00 p.m. 800m Pentathlon

5:15 p.m. 5,000m run

6:00 p.m. 60m dash (semi's)

6:30 p.m. 1,000m run

6:50 p.m. 200m (semi's)

7:10 p.m. END DAY 1

Field Events

4:00 p.m. Weight Throw (men followed by women)

4:00 p.m. Women's Pole Vault

4:30 p.m. Long Jump (m and w)

5:00 p.m. Men's High Jump

Day Two (Saturday)

Heptathlon

10:00 a.m. 60mH

10:35 a.m. Pole Vault

Track Events

12 noon Mile

12:30 p.m. 60mH

12:40 p.m. 400m dash

1:10 p.m. 1,000m Pentathlon

1:20 p.m. 600m dash

1:50 p.m. 60m dash

2:00 p.m. 800m run

2:30 p.m. 200m dash

2:50 p.m. 3,000m run

3:45 p.m. 4x400m run

4:30 p.m. AWARDS

Field Events

12 noon Triple Jump (m and w)

Women's High Jump

Shot Put (men then women)

1:00 p.m. Men's Pole Vault

Order of Events approved by Unanimous vote (5/31/16).