



Fighting Bee Invite – January 24-25, 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 Wednesday, Jan 22 by 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 accuracetime.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. 9:00-10:00 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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MULTI-EVENTS

Friday

3:30 p.m. 60m Hurdles Pentathlon

~4:05 p.m. High Jump

~6:30 p.m. Shot Put

~6:45 p.m. Long Jump

~7:30 p.m. 800m

3:40 p.m. 60m dash Heptathlon

~4:15 p.m. Long jump

~5:15 p.m. Shot Put

~6:00 p.m. High Jump

Saturday

10:00 a.m. 60m Hurdles

~10:35 a.m. Pole Vault

~12:15 p.m. 1,000m

FIELD EVENTS Saturday

11 a.m. High Jump men followed by women

East runway: Triple jump men, followed by Long jump

West runway: Triple jump women, followed by Long jump

12:30 p.m. Pole vault women followed by men

11 a.m. Weight Throw women followed by 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)

(We will start men's shot put when possible following high jump)

TRACK EVENTS (women first, except 60mH FINAL) Saturday

11:00 a.m. 3,000m RW co-ed

11:30 a.m. 4x800m relay

12:00 p.m. 60m Hurdles (w/m)

12:15 p.m. 60m Sprint Prelim

12:45 p.m. Mile

1:15 p.m. 400m Dash

1:45 p.m. 600m Run

2:10 p.m. 60m Hurdles FINAL

2:15 p.m. 60m sprint FINAL (m/w)

****FINAL DECLARATIONS For 200m DUE ****

2:20 p.m. Barney Bee Kids Race

~2:30 p.m. 5000m

~3:05 p.m. 200m

~4:10 p.m. 1000m

~4:35 p.m. 800m

~5:00 p.m. 3000m

~6:00 p.m. 4x400m Relay

** This is an estimated time schedule, a final time schedule will be

sent out after heats/flights have been assembled***