

Finals Week Invite – Dec 13-14, 2024

- 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, Dec. 11 by midnight.
- Entry Fee:** \$250 per team / \$500 per school – Checks payable to St. Ambrose Track & Field. Or \$20 per individual athlete
- Track:** 6-lane, 200m Mondo surface with 8 sprint lanes. No food or drinks other than water in the fieldhouse please
- Spectators:** \$5 per person
- Team camps:** Team camps will be in assigned classrooms... The interior of the oval is for spectators, please be respectful and don't set up team camps around bleachers or other seating areas. FRIDAY TEAM CAMPS WILL BE IN THE FIELDHOUSE.
- 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.
- 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.
- Meet director:** Tyler Mulder – 563.449.6610 – muldertyler@sau.edu
- Parking:** Buses can drop off at the wellness center near the Rogalski Center, we need them to park in the lot at the intersection of Gaines St & Lombard, just behind the wellness center.
- Weigh-ins:** Throwing implements must be weight in at the throwing venue, 9:00-10:00 a.m. On the day of the meet. No late weigh ins

## **Finals week Invite**

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### **MULTI-EVENTS**

Friday 4:00 p.m. 60m Hurdles Pentathlon

~4:35 p.m. High Jump

~6:30 p.m. Shot Put

~7:15 p.m. Long Jump

~8:00 p.m. 800m

4:05 p.m. 60m dash Heptathlon

~4:35 p.m. Long jump

~5:45 p.m. Shot Put

~6:30 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: Long jump men, followed by Triple jump

West runway: Long jump women, followed by Triple 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. 5000m

12:00 p.m. 60m Hurdles *\*no prelim for women's hurdles, will run a timed final.*

12:05 p.m. 60m Sprint Prelim

12:30 p.m. Mile

1:10 p.m. 400m Dash

1:35 p.m. 600m Run

1:45 p.m. 60m Hurdles FINAL (m/w)

1:50 p.m. 60m sprint FINAL

---Finals for 200m declared---

2:00 p.m. 1000m

2:05 p.m. 800m

2:15 p.m. 200m

3:20 p.m. 3000m

4:00 p.m. 4x400m Relay

\*\* This is an estimated time schedule, we will aim to keep on track and not run ahead

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