

SAU Tune Up – Saturday, February 15, 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 DirectAthletics with scoring and timing provided by AccuRaceTiming.com... Entries will be due by Thursday, February 13th 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 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 2:00PM. On the day of the meet. No late weigh ins
- Coaches Meeting:** There will be a coaches meeting at 2:00PM 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. Long Jump followed by Triple 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

11:30 a.m. 3k RaceWalk (combined)

12:00 p.m. Distance Medley Relay (w/m)

12:30 p.m. 1000m (w/m)

12:40 p.m. 60m Hurdles (prelim) (w/m)

12:50 p.m. 60m Dash (prelim) (w/m)

1:15 p.m. 400m (w/m)

1:40 p.m. 800m (w/m)

1:55 p.m. 60m Hurdles (FINAL) (m/w)

2:00 p.m. 60m Dash (FINAL) (w/m)

2:05 p.m. Senior Acknowledgement/Award

2:15 p.m. 600m (w/m)

2:30 p.m. 200m (w/m)

3:20 p.m. Mile (w/m)

3:40 p.m. 3000m Run (w/m)

4:05 p.m. 4x400 (w/m)

4:35 p.m. 4x800m relay (w/m)

Tentative schedule –