Bumble Rumble – January 16, 2027

Location: St. Ambrose University Wellness & Recreation Center (NE corner of campus at Scott St. and Lombard).

Parking: Main parking is at the Rogalski Center lot (buses and spectators). Extra parking is west of the Wellness Center.

Entry Deadline: Thursday, January 14 by 3:00 PM.

Weigh-ins: 9:00 AM – 10:00 AM at the throwing venue (Day of meet only; no late weigh-ins).

Coaches Meeting: 10:45 AM at the timing table.

Registration: Online via Direct Athletics.

Cost: $250 per team / $500 per school, or $25 per individual.

Timing & Results: Scored meet timed by AccuRaceTiming.com. Live results online; full results sent to coaches and posted to TFRRS.

Track: 6-lane, 200m Mondo track with 8 sprint lanes.

Spikes: 1/4" pyramid spikes only (checked before events).

Food/Drink: Water only inside the fieldhouse.

Warm-ups: Track above Lee Lohman Arena.

Team Camps: Upstairs classrooms in the Wellness Center.

Trainers: On-site (bring your own tape).

Spectators: $5 entry fee, kids are free.

Meet Director: Tyler Mulder (563.449.6610 | muldertyler@sau.edu).

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Field Events

11:00 AM: High Jump (Men then Women)

11:00 AM: Triple Jump followed by Long Jump (East Runway: Men | West Runway: Women)

11:00 AM: Weight Throw (Women then Men)

12:30 PM: Pole Vault (Women then Men)

1:00 PM: Shot Put (Women then Men; starts after High Jump)

Track Events (Women first, then Men; Heats run slow to fast)

12:00 PM 3000m race walk (co-ed)

12:30 PM: 60m Sprint Prelim (w/m)

1:00 PM: 60m Hurdles Prelim (w/m)

1:20 PM: Mile (w/m)

1:45 PM: 400m Dash (m/w)

2:05 PM: 60m Hurdles Finals (m/w)

2:15 PM: 60m Sprint Finals (w/m)

2:20 PM: 1000m (w/m)

2:40 PM: 800m (w/m)

3:00 PM: 200m (w/m)

3:50 PM: 3000m (w/m)

4:20 PM: 4x400m Relay