Fighting Bee Invite - January 22-23rd, 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: Wednesday, Jan 21 at 12:00 PM (noon).

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).

Schedule

Friday (Multi-Events)

3:30 PM: Pentathlon 60m Hurdles (High Jump, Shot Put, Long Jump, 800m to follow ~4:05)

3:40 PM: Heptathlon 60m Dash (Long Jump, Shot Put, High Jump to follow ~4:15 PM)

Saturday (Multi-Events Day 2)

10:00 AM: Heptathlon 60m Hurdles (Pole Vault, 1000m to follow ~10:35 AM)

Saturday 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)

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

11:45 AM: Distance Medley Relay (w/m)

12:00 PM: 60m Sprint Prelim (w/m)

12:15 PM: 60m Hurdles Prelim (w/m)

12:20 PM: Mile (w/m)

12:50 PM: 400m Dash (w/m)

1:00 PM: 600m Run (w/m)

1:20 PM: 60m Hurdles Finals (m/w)

1:25 PM: 60m Sprint Finals (w/m)

1:35 PM: 5000m (w/m)

2:00 PM: 200m (w/m)

2:45 PM: 800m (w/m)

3:00 PM: 3000m

3:30 PM: 4x400m Relay