16th Annual Frigid Bee Opener – December 5, 2026

Where: St. Ambrose University – Wellness & Recreation Center Rogalski Center Parking lot, NE Corner of campus Scott St. & Lombard.

Entries: Entries will be done through Direct Athletics with scoring and timing provided by AccuraceTiming Co, Entries Due by Thursday, December 3rd by midnight.

Entry Fee: $250 per team / $500 per school, $25 per individual or unattached up to the team fee– Checks payable to St. Ambrose Track & Field or via directathletics.

Track: 6-lane, 200m Mondo surface with 8 sprint lanes. No food or drinks other than water in fieldhouse please.

Spectators: $5 per person, kids are free.

Team Camps: team camps will be in assigned classrooms, interior of the oval is for spectators please be respectful and don't set up team camps around bleachers or other seating.

Spikes: ¼' pyramid spikes only. Spikes will be checked at the clerking table.

Trainers: SAU Athletic Trainers will be on site near the finish line. They will apply tape but please bring your own.

Results: Results will be posted on athletic.net and tffrs following the meet, live results will be available through accuracetiming.com on milesplit.

Meet Director: Tyler Mulder – muldertyler@sau.edu, cell (563) 449-6610.

Parking: Buses can drop off at the wellness center near the Rogalski Center, we need busses to be parked in the lot at the intersection of Gaines St. & Lombard, just behind the wellness center.

Weigh Ins: Throwing implements must be weighed in within the hour prior to the event starting.

16th Annual Frigid Bee Opener – December 5, 2026

Field Events:

11:00 AM High Jump – men followed by women

11:00 AM East runway – Long Jump men followed by Triple Jump

11:00 AM West runway – Long Jump women followed by Triple Jump

11:00 AM Pole vault women followed by men

11:00 AM Weight Throw Men followed by Women

1:00 PM Shot put women followed by men (women's shot put will compete on the High Jump Apron following the conclusion of HJ)

Track Events:

11:00 AM 3000m RW co-ed

11:30 AM 5,000m run (w/m)

1:00 PM 60m dash prelim (w/m)

1:35 PM 60m Hurdle Prelim (w/m)

1:45 PM Mile (w/m)

2:05 PM 60m Dash Final (w/m)

2:10 PM 60m Hurdle Final (m/w)

2:15 PM 60m kids race

2:20 PM 300m dash (w/m)

2:45 PM 800m (w/m)

3:05 PM 600m (w/m)

3:15 PM 200m (w/m)

~3:55 PM 4x400m Relay (w/m)