SAU Tune Up – February 6, 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, February 4 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)

11:30 AM 3000m racewalk (co-ed)

12:00 PM 1000m (w/m)

12:30 PM 60m Hurdles prelim (w/m)

12:45 PM 60m Dash prelim (w/m)

1:05 PM 400m (w/m)

1:20 PM 800m (w/m)

1:40 PM 60m Hurdles Final (m/w)

1:50 PM 60m Dash Final (w/m)

2:00 PM Mile (w/m)

2:35 PM 200m (w/m)

3:15 PM 3000m (w/m)

3:35 PM 4x400m (w/m)