



CCAC Indoor Track & Field Championships

- Where:** St. Ambrose University – Wellness & Recreation Center
Rogalski Center Parking lot, NE corner of campus
Scott St. and Lombard
- Entries:** *Per CCAC By-laws*
Monday Feb. 12: Entries are due by 5 p.m.; performance lists provided shortly after.
Wednesday Feb. 14: Challenges are due by 6 p.m. & heat sheets sent out after.
- Entries will be done through DirectAthletics with scoring and timing provided by AccuRaceTiming.com
- Entry Fee:** \$250 per team / \$500 per school – Checks payable to St. Ambrose Track & Field
- 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
There will be bleachers on the infield for spectators as well as seating in the upstairs lobby.
- Team camps:** Lee Lohman Arena will be the site of team camps.
- 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.
- Information:** Team information packets will be provided at check-in
- Results:** Results will be posted throughout the meet in the southeast corner of the facility and will be posted online at accuracetime.com LIVE through the day. Full results will be emailed to coaches as well as posted to TFRRS.
- Meet director:** Dan Tomlin – 309.635.3260 – TomlinDanielD@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 between 2:00-3:30 p.m. on Friday and 10:30-11 a.m. on Saturday. Once weighed in, the implement will be impounded until after the conclusion of the meet. They will be brought to the event site before warmups.



CCAC Indoor Championships – Schedule of Events

Day 1

<u>Pentathlon</u> 1:00 p.m. 60mH High Jump Shot put Long Jump 800m	<u>Heptathlon</u> 1:15 p.m. 60m dash Long Jump Shot Put High Jump
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Each events will begin 30min following the conclusion of preceding event

<u>Track events</u> 4:00 p.m. 4x800 4:20 p.m. 3K Racewalk (co-ed) 4:45 p.m. 60m Hurdles – SEMIFINAL ~5:00 p.m. 800m Pentathlon 5:15 p.m. 5,000m 6:00 p.m. 60m Dash – SEMIFINAL 6:30 p.m. 1,000m run 6:50 p.m. 200m – SEMIFINAL	<u>Field events</u> 4:00 p.m. Weight throw (men than women) 4:00 p.m. Women’s Pole Vault 4:30 p.m. Long Jump (men & women simultaneously) 5:00 p.m. Men’s High Jump
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END OF DAY 1

Day 2

<u>Heptathlon</u> 10:00 a.m. 60m Hurdles Pole Vault 1,000m Run <u>Track events</u> Noon Mile 12:30 p.m. 60m Hurdles 12:40 p.m. 400m Dash ~1:10 p.m. 1,000m run Heptathlon 1:20 p.m. 600m Run 1:50 p.m. 60m Dash 2:00 p.m. 800m Run 2:30 p.m. 200m Dash 2:50 p.m. 3,000m Run 3:45 p.m. 4x400 Relay	<u>Field events</u> Noon Triple Jump (men & women simultaneously) Women’s High Jump Shot Put (men than women) 1 p.m. Men’s Pole Vault
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AWARDS TO FOLLOW