

## Fighting Bee Opener – Jan. 13, 2017

- Where:** St. Ambrose University – Wellness & Recreation Center  
Rogalski Center Parking lot, NE corner of campus  
Scott St. and Lombard
- Teams:** St. Ambrose University, Augustana College, Monmouth College, University of St. Francis, Grand View University
- Entries:** Entries will be done through DirectAthletics with scoring and timing provided by AccuRaceTiming.com... Entries will be due by Thursday Jan. 11 at noon.
- Entry Fee:** \$200 per team / \$400 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
- Team camps:** Lee Lohman Arena will be the site of team camps and the upper track will be the warm up area.
- 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 accuracetiming.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](mailto: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.

# **FIGHTING BEE OPENER**

## **JANUARY 13, 2018**

11:00 a.m.	High Jump (men and women simultaneously)
11:00 a.m.	Triple Jump followed by Long Jump (Women on North runway, men on East runway)
11:00 a.m.	Weight Throw (men/women) followed by Shot Put (men/women)
11:00 a.m.	Pole Vault (women/men)
11:30 a.m.	3,000m Run (slow heat)
Noon	Distance medley relay
12:30 p.m.	Mile
1:00 p.m.	60m Hurdles (prelim)
1:15 p.m.	60m Dash (prelim)
1:25 p.m.	400m
1:45 p.m.	1000m
2:00 p.m.	60m Hurdles (2 heat FINAL)
2:15 p.m.	60m Dash (2 heat FINAL)
2:25 p.m.	800m
2:40 p.m.	3000m RW (co-ed)
3:10 p.m.	200m
3:30 p.m.	3000m Run (fast heat)
4:00 p.m.	4x400