

St. Ambrose Invitational – Jan. 27, 2018

- Where:** St. Ambrose University – Wellness & Recreation Center
Rogalski Center Parking lot, NE corner of campus
Scott St. and Lombard
- Teams:** St. Ambrose University, Iowa Track & Field Club, Central Methodist University, Clarke University, Trinity Christian College, Calumet College-St. Joseph, Judson University, Grand View University, Mount Mercy University, St. Xavier 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 field house 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 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.

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Schedule of Events

Friday

4:00 p.m.	Pentathlon 60m Hurdles	4:15 p.m.	Heptathlon 60m
~4:35 p.m.	High Jump	~4:50 p.m.	Long Jump
~5:30 p.m.	Shot Put	~5:35 p.m.	Shot Put
~6:30 p.m.	Long Jump	~6:30 p.m.	High Jump
~7:30 p.m.	800m		

Saturday

12:00 p.m.	High Jump (men and women simultaneously)	
12:00 p.m.	Triple Jump followed by Long Jump (Women on North runway, men on East runway)	
12:00 p.m.	Weight Throw (men/women) followed by Shot Put (men/women)	
1:00 p.m.	Pole Vault (women/men)	
10:00 a.m.	Heptathlon 60m Hurdles	
10:35 a.m.	Heptathlon Pole Vault	
12:00 p.m.	Heptathlon 1,000m	
12:15 p.m.	4x800m Relay	
12:35 p.m.	Mile	
12:55 p.m.	60m dash	PRELIM
1:05 p.m.	60m hurdle	PRELIM
1:20 p.m.	1,000m run	
1:20 p.m.	400m dash	
1:35 p.m.	600m run	
1:45 p.m.	3,000m run	
2:25 p.m.	60m dash	FINAL (2 heats)
2:35 p.m.	60m hurdles	FINAL (2 heats)
2:45 p.m.	800m run	
3:00 p.m.	3000m Race Walk (co-ed)	
3:20 p.m.	200m dash	
3:40 p.m.	5,000m run	
4:20 p.m.	Distance Medley Relay	
5:00 p.m.	4x400m relay	