50th Annual NORSE RELAYS
Saturday, April 9, 2016

GENERAL MEET INFORMATION
TEAMS: Luther College, Luther Alumni, Bethany Lutheran College, Clarke University, University of Dubuque, University of Northwestern-St. Paul, Waldorf College, University of Wisconsin-Superior

1. Field Events will begin at 11:30 a.m. with the Women’s Discus followed by everything else starting at Noon. Running Events will start at 12:30 p.m. with the Women’s 4x1600 meter Relay. We will NOT move ahead of the time schedule.

2. Up to 1/4” pyramid spikes on the track and all jump runways. The javelin approach is the same as the track (polyurethane).

3. Locker rooms and restrooms are available in the Regents Center lower level.

4. Scoring: Individual and Relay events = 10-8-6-5-4-3-2-1. All individuals and all relay teams are eligible to score.

5. The horizontal jumps and throwing events will be contested in flights. Each athlete is allowed 3 attempts. Top 9 advance to finals for 3 more attempts. If 9 or fewer, all will advance to the finals providing they achieve a legal mark in the preliminary flight.

6. Starting heights for the vertical jumps will be determined at the meet site.

7. Entry Fee: $200.00 per team/per gender, or $10 per individual. Make checks payable to Luther College. If mailed, send to: Jeff Wettach, Luther College Regents Center, 700 College Drive, Decorah, IA 52101.

8. Unlimited entries in all events. Entries Due: Thursday, April 7th at 8:00 p.m. On-line entry site: www.wayzataresults.com
More entry info will come your way from Josh Gerber (josh@wayzataresults.com) the week of the meet.

9. Our indoor track facility will be available for warming up and team camps.

10. Implements will be weighed in beginning at 10:15 a.m. in the equipment room just beyond the finish line. All implements must be weighed prior to competition!

11. Athletic Trainers will be on site, both indoors and out. The training room facility is located inside the south entrance of the Regents Center, immediately inside the building from the outdoor track.
**50th Annual Norse Relays at Luther College**  
**Saturday, April 9, 2016**

Luther College, Luther Alumni, Bethany Lutheran College, Clarke University, University of Dubuque, University of Northwestern-St. Paul, Waldorf College, University of Wisconsin-Superior

**Field Events**

11:30 a.m. Discus (Women first, Followed by Men)
Noon Pole Vault (Men first, followed by Women)
Long Jump (Men – East pit)
Long Jump (Women – West pit)
High Jump (Women first, followed by Men)
Javelin Throw (Men first, followed by Women)
Shot Put (Men first, followed by Women)

Follows SP & DT: Hammer Throw (Women first, followed by Men)
Follows LJ: Triple Jump (Men – East pit)
Triple Jump (Women – West pit)

**Track Events**

12:30 p.m. 4x1600 meter Relay (W)
12:55 p.m. 4x1600 meter Relay (M)
1:15 p.m. 100 meter High Hurdles (W)
1:25 p.m. 110 meter High Hurdles (M)
1:35 p.m. 1600 meter Medley Relay (2-2-4-8) (W)
1:45 p.m. 1600 meter Medley Relay (2-2-4-8) (M)
1:55 p.m. 4x100 meter Relay (W)
2:03 p.m. 4x100 meter Relay (M)
2:15 p.m. 3,000 meter Steeplechase (W)
2:30 p.m. 3,000 meter Steeplechase (M)
2:45 p.m. 4x200 meter Relay (W)
2:55 p.m. 4x200 meter Relay (M)
3:05 p.m. 400 meter Low Hurdles (W)
3:15 p.m. 400 meter Intermediate Hurdles (M)
3:27 p.m. 4x800 meter Relay (W)
3:40 p.m. 4x800 meter Relay (M)
3:55 p.m. LUTHER ALL-SPORTS 4x100 meter Relay (W) = Luther Sports Teams
4:00 p.m. LUTHER ALL-SPORTS 4x100 meter Relay (M) = Luther Sports Teams
4:05 p.m. 4x400 meter Relay (W)
4:20 p.m. 4x400 meter Relay (M)

*We will NOT move ahead of the time schedule.*