Decorah High School Indoor Track and Field Invitational
Saturday, March 21st, 2020
at Luther College - Regents Center

Meet Director: Doreen Fullhart, coachfullhart@luther.edu

Starter/Timing/Results: Starter and referee is Ray Armel. Fully Automatic Timing by Wayzata Results.

Entries: Unlimited entries in all events. Entries are due Thursday, March 19th, 8:00PM.
1. Go to wayzataresults.com and click on “Schedule” on the main menu bar.
2. Click on Track & Field, select our meet, then follow their directions.
3. Questions/concerns with entries, email tfentries@wayzataresults.com

Entry procedure: List your best performer first, with a time/height/distance that you expect on this meet day. Be sure your best performer has the best performance listed of your entered athletes.
- 55 Meters: please enter a projected time your athlete would run today for the 100m dash!
- 55M Hurdles: please enter a projected time your athlete would run today for the 100/110m hurdles!

Entry Fee: $125 per team, per gender ($250 for both boys and girls). If you have fewer than 25 athletes, the fee is $5 per athlete entered. Mail your entry fee so that we receive the check before race day or deliver your entry fee in person at the meet – entry fees must be received at or prior to check-in. Checks payable to Luther College. Mail to: Steve Pasche, Luther College TF, 700 College Drive, Decorah, IA 52101

Shot put: 4 attempts, no finals. Will be contested in flights.
Long Jump: 3 attempts, no finals. Will be contested in flights.
Triple Jump: 3 attempts, no finals. Boys and girls together, one flight.
High Jump: starting heights will be determined at the meet.
Pole Vault: not contested.

Facility: High jump on the infield. Long jump and triple jump on the backstretch of track, unlimited approach. Six-lane, 200 meter, poured-polyurethane Beynon track. Six lane straightaway for 55 Meters/Hurdles. Beynon poured polyurethane infield. All may wear up to 1/4” (exposed) pyramid spikes. No “Christmas tree” or “pin” spikes. Shot Put sector is on the infield, throwing circle is constructed from plywood.

Each TEAM per gender is asked to provide at least 2 meet helpers. Please check in at the finish line prior to the start of the field events. We may or may not need their services, but please have at least 2 individuals available.

Enter the Regents Center Athletic Building at the west entrance by the “circle drive.” This is a good drop-off location. Then vans & buses may park in the large lot north of the Regents Center.

Team camps: camps may be located on the infield--- PLEASE keep a tidy team camp and instruct athletes to clean up after themselves! We will provide trash containers, so please use them!

Locker rooms and showers: Will not be available - Luther College teams are occupying all locker rooms.

Admission fee for spectators: $5 for adults; $3 for students/senior citizens; Free = ages 5 and under as well as your bus driver. Concessions will be available.

Scoring and Results: Team scores will not be kept. We will post event results on the bulletin board in the center of the infield throughout the meet. Final meet results will be posted on wayzataresults.com

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**Tentative Time Schedule**

**Field Events (all as finals)**

11:00 AM  Boys Long Jump
11:00 AM  Girls Shot Put
11:00 AM  Girls High Jump
15mins after Boys LJ  Girls Long Jump
15mins after Girls HJ  Boys High Jump
15mins after Girls SP  Boys Shot Put
15mins after Girls LJ  Boys *and* Girls Triple Jump, combined

**Running Events (all run as timed finals)**

11:00 AM  Girls 3000 Meters
11:15 AM  Boys 3200 Meters
11:35 AM  Girls 4x800 Meter Relay
11:50 AM  Boys 4x800 Meter Relay
12:05 PM  Girls 55 Meters
12:35 PM  Boys 55 Meters
1:20 PM  Girls 55 Meter Hurdles
1:30 PM  Boys 55 Meter Hurdles
1:40 PM  Girls 1600 Medley (2-2-4-8)  use of starting blocks limited to fast heat
1:50 PM  Boys 1600 Medley (2-2-4-8)  use of starting blocks limited to fast heat
2:05 PM  Girls 400 Meters  use of starting blocks limited to top 2 heats
2:20 PM  Boys 400 Meters  use of starting blocks limited to top 2 heats
2:35 PM  Girls 4x200 Meter Relay  use of starting blocks limited to top 2 heats
2:55 PM  Boys 4x200 Meter Relay  use of starting blocks limited to top 2 heats
3:10 PM  Girls 800 Meters
3:20 PM  Boys 800 Meters
3:25 PM  Girls 200 Meters  use of starting blocks limited to top 4 heats
3:55 PM  Boys 200 Meters  use of starting blocks limited to top 4 heats
4:25 PM  Girls 1600 Meters
4:45 PM  Boys 1600 Meters
4:50 PM  Girls 4x400 Meter Relay
5:15 PM  Boys 4x400 Meter Relay

This will be a “rolling schedule.” If we get ahead we may stay ahead.