Luther Track & Field “Alumni Meet”
Saturday, January 25th, 2020
Luther College Regent’s Center

Facilities
Six-lane, 200 meter, poured polyurethane surface track, including LJ and TJ approaches. PV approach is a roll-out runway. HJ is on infield. 1/4” pyramid spikes allowed on all of these surfaces. WT / SP circle is plywood. Athletic Training will be available.

Participating Teams
Luther College, Luther Alumni

Rule / Scoring / Results
NCAA rules govern the meet. NCAA Dual Meet Scoring: individual events = 5-3-2-1, relay events = 5-3, with 2 individuals and 1 relay per team eligible to score. Timing by WayzataResults. Full results will be available following the meet at: luther.edu/sports

Entries
Unlimited entries in all events. If possible, please submit your entry by Thurs, Jan 23rd at 8:00 PM. Entry link: TBA
We will also welcome entries on meet day.

Team Camps
Camps may be located on the infield. Please help keep the infield surface as clean as possible.

Implement Weigh-In
Weigh-in implements at the throwing site 45 minutes before the start of each throwing event.

Warm-ups
You may warm-up on the track throughout the meet. Please keep clear of the jump runway and finish line.

Luther TF Alumni Meet - Meet Schedule

Vertical Jumps
11:00 am Pole Vault – men and women combined
11:30 am High jump – men and women combined

Horizontal Jumps
12:00 pm Long jump – men and women combined (4 attempts)
Triple jump - men and women combined (4 attempts) - to start 20mins after long jump is completed

Throws
1:00 pm Weight throw – men (35lb) and women (20lb) combined (3+3 attempts)
Shot put – men and women combined (3+3 attempts) - to start 20mins after weight throw is completed

12:45 pm - National Anthem

Track Events (approximate / rolling time schedule, events are men first followed by women)
1:00 pm 55 Hurdles (timed finals)
1:15 pm 55 Meters (timed finals)
1:35 pm Kids 55 meter dash (ages 14 and under)
1:45 pm Introduction of Luther TF Alumni
2:10 pm Friends & Family of Luther TF - Team Photo
2:15 pm 3000 Meters
2:50 pm 200 Meters
3:05 pm The Phil Kruger Memorial Mile (men) & The Johanna Olson Memorial Mile (women)
3:30 pm 4x400 Relay
3:55 pm Johanna Olson Memorial 4-lap Walk/Run – everyone is invited - please join us!

Post-Meet - Alumni Social at Pulpit Rock Brewery Event Room