Luther Track & Field Invitational  
Saturday, February 8th, 2020  
Luther College Regent’s Center Indoor Track

Start Times
10:30 am Pole Vault  
11:00 am Field events  
1:00 pm Track events

Teams expected for 2020
Luther College, Iowa State Running Club, Iowa Wesleyan University, Saint Mary’s University

Rules / Scoring / Results
NCAA rules govern the meet. Team scores will be recorded according to NCAA guidelines given the number of participating teams. Meet starter and referee is Steve Rutz, timing by WayzataResults. Results will be posted on a board in the infield throughout the meet. Final results on luther.edu/sports

Entries
Submit entries via DirectAthletics. Entries close on Thurs, Feb 6th, at 8:00 pm. Entry fee is $150 per team per gender or $10 per individual, whichever is less. Unlimited entries in all events. We should be able to accept last-minute additions or changes at the meet. Unattached entries are welcome, $10. Luther TF Alumni, free. Unattached and Alumni, please register on DirectAthletics by Thurs, Feb 6th, at 8:00pm. 
www.directathletics.com/meets/track/64145.html

Facilities
Six-lane, 200 meter, poured polyurethane Beynon track. Poured polyurethane infield. Six-lane straightaway for 55 Meters/Hurdles. The Long Jump and Triple Jump are conducted on the backstretch. High Jump, Pole Vault, Shot Put, and Weight Throw events are conducted on the infield. The Pole Vault has a rollout runway. Throws circle is constructed from plywood. Up to 1/4” exposed pyramid spikes are allowed on the track and infield. Athletic Training will be available during the meet.

Team Camps
Camps may be located on the infield. Please keep a tidy team camp, keep the infield surface as clean as possible throughout the building, and help us by cleaning up your campsite following the meet.

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

Warm-ups
Athletes may warm-up on the track throughout the meet. Keep clear of the jumps runway and finish line.
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## MEET TIME SCHEDULE

### Vertical Jumps
- **10:30 am** Pole Vault – men and women combined
- **11:00 am** High jump – men
- **12:00 pm (approx)** High jump – women, follows men’s HJ

### Horizontal Jumps
- **11:00 am** Long jump – women (4 attempts)
- **12:00 pm (approx)** Long jump – men (4 attempts), follows women’s LJ
- **1:00 pm (approx)** Triple jump – men and women combined (4 attempts), follows men’s LJ

### Throws
- **11:00 am** 35 lb Weight throw – men (3+3 attempts)
- **12:00 pm (approx)** 20 lb Weight throw – women (3+3 attempts), follows men’s WT
- **1:00 pm** Shot put – men (3+3 attempts)
- **2:00 pm (approx)** Shot put – women (3+3 attempts), follows men’s SP

### 12:45 pm - National Anthem

### Track Events (all events are men first, followed by women)
- **1:00 pm** 55 Hurdles, timed finals
- **1:00 pm** 55 Meters, timed finals
- **1:00 pm** 2000 Meter Steeplechase (18 dry barriers)
- **1:00 pm** Mile
- **1:00 pm** 400 Meters
- **1:00 pm** 1000 Meters
- **1:00 pm** 4 x 200 Relay
- **1:00 pm** 3000 Meters
- **1:00 pm** 4 x 400 Relay