

Luther's "Norse Invite"

Saturday, April 5th, 2025



Confirmed Teams (3/2/25): Luther, Bemidji State, St. Cloud St., Waldorf, Gustavus, SW Minn State, St. Mary's University, Upper Iowa

Submit entries via DirectAthletics by Wed, Apr 2nd, 8:00PM. Unlimited entries in all events.

Meet fee is \$250 per gender, or \$25 per individual, whichever is less. Checks payable to Luther College, or pay online on DA.

Timing & live results by WazyataResults. Starter/referee is Ray Armel. Meet will be scored according to NCAA rec's.

Beynon eight-lane track with Beynon all-weather surface for HJ, PV, LJ, TJ, & Jav approaches. HJ location is in the D-zone, all other field events are adjacent to the track. Any spikes on the track and all runways (including javelin) must be 1/4" or shorter pyramids.

Team camps are welcome throughout the area, There will be limited access to the Regents Center Field House. The outdoor track infield is synthetic turf -- **no food or drink except clear *water* is allowed on the turf and indoor track.** Athletic Training will be available.

Weigh-in all implements at the shot put ring, 30-45 minutes before the first throwing event.

SCHEDULE OF EVENTS

Throws -- any field 16 or less will be one flight, all 3+3 w/ 9 to final

11:00 AM Discus – women, then men
11:30 AM Shot put -- men, then women
11:30 AM Javelin -- men, then women
Follows DT & SP Hammer-- women, then men

Vertical Jumps -- will be a welcoming opening height

11:30 AM Pole Vault – women, then men
11:30 AM High jump – women, then men

Horizontal Jumps -- any field 16 or less will be one flight, all 3+3 w/ 9 to final

11:30 AM Long jump – women (west pit)
Long jump – men (east pit)
Follows LJ Triple jump – women (west pit)
Follows LJ Triple jump – men (east pit)

12:55 pm - National Anthem

Track Events -- Events are men, then women. All heats are timed finals, slow --> fast.

After the 1:32 PM start of the 4x100M Relay, the schedule is rolling. An estimated time schedule for the track is shown below.

11:30 AM 10,000M (men)
12:15 PM 10,000M (women)
1:00 PM 3000M Steeplechase
1:32 PM (now rolling) 4x100M Relay
1:42 pm 1500M
2:28 pm 100 / 110 Hurdles
2:44 pm 400M
3:08 pm 100M
3:32 pm 800M
3:56 pm 400M Hurdles
4:14 pm 200M
4:47 pm 5000M
5:31 pm 4x400M Relay
5:55 pm- estimated finish time on the track