

# Luther's "Norse Invite"

## Friday, April 3rd, 2026



Submit entries via [Athletic.net](https://athletic.net) 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 access to Gerdin Field House. Lockerrooms available if requested ahead of time. 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.

Meet Director - Bruce Clark - [clarbr03@luther.edu](mailto:clarbr03@luther.edu) - (563)-340-6891.

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### SCHEDULE OF EVENTS

**Throws** - *Order for throwing events may change due to entry fields- 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 1:35 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 (women)  
12:15 PM 10,000M (men)  
1:00 PM 3000M Steeplechase  
1:35 PM 4x100M Relay  
1:50 pm (now rolling) 1500M  
2:22 pm 100 / 110 Hurdles  
2:34 pm 400M  
3:02 pm 100M  
3:32 pm 800M  
3:44 pm 400M Hurdles  
3:56 pm 200M  
4:29 pm 5000M  
5:13 pm 4x400M Relay

5:45 pm- estimated finish time on the track