

Upper Iowa Conference Indoor Championship Meet

Luther College – Hosted by North Fayette Valley

Friday, March 16, 2023

Entries will be due at noon on Thursday, March 16

High Jump: 2 entries per school (B&G)
Shot Put 2 entries per school (B&G)
Long Jump 3 entries per school (B&G)
Shuttle Hurdle Relay - 1 relay per school (G&B)
Girls 3000 - unlimited entries
Boys 3200 unlimited entries
4X800 Relay - 2 relays per school (G&B)
400 Meters - 2 entries per school (G&B)
55 meters - 2 entries per school (G&B)
55 meter hurdles - 2 entries per school (G&B)
1600 Distance Medley 1 entry per school (G&B)
200 meters - 2 entries per school (G&B)
1500 Meters 2 entries per school (G)
1600 Meters 2 entries per school (B)
4X200 Relay 2 relays per school G&B)
800 Meters - 2 entries per school (G&B)
4X400 relay - 2 relays per school (G&B)

The 55 meters and the 55 meter hurdles will have eight lanes on a straight-away. All the other races will have a six-lane track.