

# Men's Track & Field

## About the Program

- The Norse have won a conference-record 26 track-and-field team championships.
- Seven Luther track-and-field athletes have been named conference MVPs.
- Eleven indoor and 34 outdoor track-and-field athletes have earned All-America honors.

- Since 1993, 134 track-and-field student-athletes have been named to the academic all-conference team, including 15 men last year.
- The 2001 Norse distance-medley-relay team won the indoor national title.



2009–10



## Program Snapshot

Love of the sport, a positive attitude, and the desire to excel are characteristics that we look for in Norse track-and-field athletes. These characteristics are the backbone of the tradition that has been built at Luther—Iowa Conference team champions 26 times, 144 NCAA Division III national qualifiers, 47 NCAA All-Americans, and five national champions. We stress total development of the student/athlete at Luther. You will find many opportunities to develop academically, socially, spiritually, and athletically.

Our season runs from December through May, allowing for gradual progression in training. You will be challenged to work hard and make sacrifices, yet you will have many opportunities to experience success and have fun doing it. We generally alternate heavy and light weeks in our training progression. Development of flexibility and strength for all of our athletes has been instrumental in attaining success and keeping our athletes healthy.

The track-and-field facilities at Luther College are among the finest of any college in the Midwest. Our outdoor facility,



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- Begins 24th year as head coach—the fifth as head coach of both the men's and women's programs
- Has coached 326 track-and-field all-conference performers
- Has coached 63 conference champions and 31 All-Americans
- Serves as director of the Luther College Distance Running Camp
- Named 1995 Iowa Conference Coach of the Year in track and field

located in the 5,000-seat Carlson Stadium, features a brand new eight-lane, 400-meter polyurethane surface track with two directional approaches for the pole vault and all jumping events, two shot-put circles, a discus/hammer cage, and multidirectional javelin-throwing areas. Our indoor track is housed in the Regents Center, adjacent to the outdoor stadium. The 200-meter, six-lane track and horizontal jump runways are polyurethane surface. The high jump, pole vault, and throwing areas are located on the infield of the track. This track is easily accessible with an elevated walkway around half of the facility, which allows for up to 400 spectators. These great facilities allow for year-round training and the opportunity to host many home meets.



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