

GENEVA VIKING TRACK AND FIELD

BATAVIA MEET INFORMATION

COMPETING TEAMS: Girls: Batavia and Geneva – Boys: Batavia, Geneva, and Wheaton North

ADMISSION FEE - \$3 for adults \$2 for students – Enter on the South side of the school

BUS INFO: Bus leaves at 7:30 – **Pole Vaulters – Bus at 7:00**

DIRECTIONS: Randall Rd. South to Main St. Turn Left on Main St. to the high school

EVENT SCHEDULE: Girls go before Boys on every event

Pole Vault to begin at 8:30 – and rest of Field Events Begin at 9:00

- Long Jump Cafeteria style: 4 jumps – Girls jump first
- Triple Jump Cafeteria style: 4 jumps – Boys jump first
- High Jump: 2 co-ed flights based on height– top group goes first
- Shot Put: 4 Throws – Girls throw first
- Pole Vault: Girls vault first

Running Events Begin **approx 9:00**

- 55m Dash ALL heats
- 4x800m relay
- 3200m run
- 55m low hurdles (girls followed by boys)
- 55m high hurdles (boys only)
- 800m run
- 4x200 relay
- 400m dash
- 1600m run
- 200m dash
- 4x400m relay

OTHER MEET INFO:

This meet is at Batavia's 200m Mondo Indoor Track! It should be a really nice facility for us to kick off our season. 1/8 inch SPIKES are allowed on the track, but they would prefer no spikes in the shoes at all. You will need to be extremely careful where you walk if you have spikes. They also do not want GUM, FOOD, or any DRINKS besides water in the field house. We are to make our team camp in the cafeteria where we can have food and drinks. Please respect their rules and let's keep the field house nice.

Track meets take several hours, so plan accordingly and bring snacks and drinks to keep properly fueled.

We've had 4 weeks of training so far to get ready for this meet. Let's use this meet as a chance to put that hard work to use. This meet is a great opportunity to give a strong effort and to try new techniques and strategies we've been working on so far this season. This meet only serves as a starting point to the season. I know we'll only get faster, stronger, and more technical as we progress in our season, but what I'm looking for is good effort from all.