

GENEVA VIKING TRACK AND FIELD

Sue Pariseau Invitational @ Glenbard West

COMPETING TEAMS: Geneva, Barrington, Glenbard West, Hersey, Hinsdale Central, Kenwood Academy, Lake Zurich, Naperville North, Oak Park River Forest, Proviso East, Sandburg, Wheaton North, Wheeling, Whitney Young, Willowbrook, and York.

DIRECTIONS: Take Rte. 38 east to Park Blvd in Glen Ellyn. Then turn North (Left) on Park, cross the RR tracks to Crescent. Then turn East (Right) to the school. 670 Crescent Blvd.

BUS TIME: Bus leaves at 7:45, be here by **7:30**

EVENT SCHEDULE:

9:30 Prelims for Field Events – Finals for Shot/Disc – 4 Jumps for LJ & TJ

High Jump – Varsity followed by F/S – 4'6" and 4'2" Starting heights

Long Jump – Varsity and F/S at same time – Best flights last

Triple Jump – At conclusion of LJ – Best flights last

Pole Vault – Varsity followed by F/S – 7'6" and 6'6" Starting heights

Discus – Varsity followed by F/S

Shot – F/S followed by Varsity

9:45 Slow heat of 3200m run

10:00 National Anthem

F/S followed by Varsity

-3200m relay

-400m relay

-3200m run (F/S then Varsity **FAST HEAT**)

-100m hurdles

-100m dash

-800m run

-800m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-1600m relay

There is some excellent competition here to compete against on all levels in all events. This will be another great test for us, and a fantastic chance to attain some PR's; as the level of competition will bring out the best in all of you. You have all been working so hard this season, and today is a great day for all of that hard work to pay off. I want you to go into this meet with great focus and to visualize beforehand how your event will proceed. Then, go out, put yourself in a good position, and let your body do what it does best. Don't hold anything back!