

GENEVA VIKING TRACK AND FIELD

Upstate Eight Conference Championships
At Elgin's Memorial Stadium hosted by Elgin

Directions: Take Rte 25 north past Rte 20 to Bent St. Turn right on Bent St. and take that to Memorial Stadium

Some of you will be getting out of school during 9th hour, 1:30, and I expect to leave at 1:45.

COMPETING TEAMS: Geneva, Bartlett, Batavia, East Aurora, Elgin, Glenbard East, Larkin, St. Charles East, St. Charles North, South Elgin, Streamwood, West Aurora, and West Chicago.

EVENT SCHEDULE:

3:30 Field Events Begin

- VAR Discus throws first (3 throws, top 9 to finals)
- JV Shot Put throws first – (3 throws, top 9 to finals)
- VAR and JV Long Jump to run concurrently – 3 jumps, 9 to finals
- VAR and JV Triple Jump to run concurrently after Long – 3 jumps, 9 to finals
- VAR Pole Vault first, JV to follow
- JV High Jump first, Varsity to follow

3:45 – National Anthem

3:50 – JV 3200m run

4:05 – VAR 3200m run slow heat

There are no prelims. All heats will be compared on time.

Finals will begin immediately after the 3200m slow heat approx. 4:25 – **JV Then Varsity**

- 3200m relay
- 400m relay
- 3200m run – fast heat varsity only
- 100m hurdles
- 100m dash
- 800m run
- 800m relay
- 400m dash
- 300m hurdles
- 1600m run
- 200m dash
- 1600m relay

CONFERENCE IS HERE! This is the culmination of our season. Think about where this year began, where we are now, and where we want to be. Think about the opportunity we have to compete in such a big meet under the lights! The last few weeks have resulted in some phenomenal team performances, but the reality is, it's your season long efforts and concentrations that make this happen. The energy last week was electric. Let's stay PSYCHED UP and keep the emotions flowing.

There have already been many memories made this season, but let's go out on a high note with one more good memory.

Due to the length of the meet, plan on bringing food, water, and homework.