

GENEVA VIKINGS TRACK AND FIELD

2016 GIRLS' IHSA SECTIONAL @ Hoffman Estates

COMPETING TEAMS: Geneva, Bartlett, Batavia, Cary Grove, Dundee Crown, Elgin, Larkin, Hoffman Estates, Metea Valley, Schaumburg, South Elgin, St. Charles East, St. Charles North, Streamwood, West Aurora, and West Chicago.

BUS TIME: Bus leaves at **2:30**. You will get out of school at **2:15**

DIRECTIONS: Take Rte. 25 north to Stearns Rd. Continue on Stearns Rd. to Rte. 59. Take Rte 59 North to Rte 58, Golf Rd. Turn right and head east on Golf Rd to Gannon Dr. Turn Left and head north on Gannon Dr. Take Gannon Dr. to the high school. No need to turn on Higgins.

EVENT SCHEDULE:

4:30 Field Events Begin

Pole Vault – Two flights. Better flight 1st Starting Height 7'9". 2nd flight Starting Height 6'3"

High Jump – Starting Height 4'7"

Long Jump – Lesser flight first simultaneously with 2nd flight. Flight 3 (best flight) to follow and finals immediately after flight 3

Triple Jump – To follow Long Jump in the same manner

Discus – Flight 1 followed by flight 2, flight 3, and then finals.

Shot – Flight 1 will begin during flight 3 of disc.

Running events to begin at 6:00 PM

-3200m relay

-400m relay

-3200m run

-100m hurdles

-100m dash

-800m run

-800m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-1600m relay

After such a great regular season, I know we're fired up and ready to take the next step in our championship meets: Sectionals. This is the big time, and we're ready for big performances. This sectional has always been one of the better sectionals in the state, and throughout this season you girls have shown that you belong. You have never backed down from a challenge and have always persevered. If you stay focused and keep that same mindset, I know you will perform to the best of your abilities. Remember to give it your all and leave it all on the track! Let's get **PSYCHED UP & SPIKED UP** and make great things happen!