

GENEVA VIKINGS TRACK AND FIELD
2016 GIRLS IHSA STATE @ EASTERN ILLINOIS UNIVERSITY

COMPETING TEAMS: Every team in state!

TIME SCHEDULE:

Sheets to be attached later.

Thursday

Leave GHS Thursday, May 19th at 9:00 am – After PLC

Arrive at EIU approx. 12:30 pm

Packet pickup and residency check-in

Light workout on track 3:30 pm or as early as we can get on the track

Dinner 6:00 pm

Friday

Breakfast at EIU dining hall 8:30 am

See attached sheets for State Track Schedule. Please refer to IHSA.org for more details.

Dinner 6:30 pm

Saturday

Breakfast at EIU dining hall 8:00 am

Checkout of room

See attached sheets for State Track Schedule. Please refer to IHSA.org for more details.

Leave EIU approx 5:00 pm

Arrive at GHS approx 9:00 pm

DIRECTIONS:

Take I-88 East to 355 S towards Joliet. Take 355 to I-80 East towards Indiana. Take exit 151A to I-57 South towards Memphis. Take exit 190A to IL-16 towards Charleston.

Alternate Route

Take Rte. 47 South to Rte. 74. Take Rte. 74 East to Rte. 57. Take Rte. 57 South to Rte. 16. Take Rte. 16 East to Exit 190A in Charleston to University.

WHAT TO BRING:

1 track bag w/ warm-ups, jersey, spikes, and other track necessities

1 clothes bag with workout clothes (3 days worth) and nice/casual clothes for dinner (2 days worth)

Extra \$, pillow, snacks, anything else

IMPORTANT REMINDERS:

All athletes will receive some money for the meals for the weekend.

MORE INFORMATION:

EIU will supply bed linens, pillows, and towels, but bring your own blankets/sleeping bags.

CONTACT INFORMATION:

Coach Raak Cell – 847-471-0514

Coach Hamblock Cell – 815-910-0715

Coach Olinger Cell – 630-251-3908

**Success is no accident. It is hard work,
perseverance, learning, studying,
sacrifice, and most of all, LOVE of what
you're doing. – Pele**

Congratulations, you have made it to state, and making it to state is an amazing accomplishment in itself, but don't just stop there. Now that you have earned this trip to EIU, make the most of it. Take in all the state meet has to offer, but also know that you belong. Believe in yourself and what you are about to accomplish. Don't be satisfied with just qualifying for state, and don't limit your progress before the competition begins. Know that you can compete with the best athletes in the state, because you are some of the best athletes in the state.