

# GENEVA VIKINGS TRACK AND FIELD

VanDeveer Invitational

COMPETING TEAMS: Geneva, Burlington Central, Dundee-Crown, Larkin, Northside College Prep, Palatine, Reavis, Rockford Jefferson, St Charles North, and West Chicago.

## EVENT SCHEDULE:

### 8:00 Team Warmup

9:15 Field Events Begin

-Long and Triple Jump

-North Runway – Boys Varsity TJ followed by Boys Varsity LJ followed by F/S TJ

-South Runway – Girls Varsity TJ followed by Girls LJ followed by FS LJ

-Pole Vault – Boys Varsity followed by Girls followed by Boys F/S

-High Jump – Girls Varsity followed by Boys Varsity then F/S

-Girls Varsity Shot followed by Boys Varsity followed by F/S

-F/S Discus followed by Girls Varsity followed by Boys Varsity

8:45 OPEN Girls' 1600m run

9:00 OPEN Boys' 1600m run

9:30 Prelims Begin – **Girls compete first followed by Boys F/S then Varsity**

-100m dash

-100/110 HH

-Boys F/S 3200 run

-200m dash

**30 minute break for senior recognition**

-3200m relay

-400m relay

-3200m run

-100m hurdles

-100m dash

-800m run

-800m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-1600m relay

**Arrive at the track by 7:45 for the TEAM WARMUP at 8:00!!** Everybody must attend this meet whether or not you are competing. We will need everybody's help running the meet. Our camp will be the South equipment shed. Again, since this is a home meet, you will have to be extra responsible for yourselves. Your coaches will be busy making sure the meet runs smoothly. Those not competing, you will be assigned a designated area to assist, so make sure you are performing your assigned duty. Those who are competing, make sure to also assist with the hurdles.