

# GENEVA VIKING TRACK AND FIELD

41<sup>st</sup> Annual Kane County @ West Aurora

**Bus leaves at 3:00**

Directions: Take Randal Rd. South to Plum St. Turn left on Plum and take that to Commonwealth Ave. Turn right on Commonwealth and take to the HS.

COMPETING TEAMS: Geneva, Aurora Central Catholic, Aurora Christian, Aurora East, Aurora West, Batavia, Burlington Central, Dundee-Crown, Elgin, Elgin Academy, Larkin, Kaneland, Rosary, South Elgin, St. Charles East, St. Charles North, St. Edwards, and Streamwood.

## EVENT SCHEDULE:

4:30 Field Events Begin – Top 9 to finals

- Discus – Flights 1, 2, 3, then finals
- Shot Put – Flight 1 to begin with finals of disc
- Long jump – Flights 1, 2, 3, then directly to finals
- Triple jump – Flight 1 to begin with finals of long jump
- Pole Vault – Starting height 7'
- High Jump – Starting height 4'7"

6:00 Finals – **Remember to WARM-UP thoroughly before your events! This is extremely important for top performances.**

- 3200m relay
- 400m relay
- 3200m run
- 100m hurdles
- 100m dash
- 800m run
- 800m relay
- 400m dash
- 300m hurdles
- 1600m run
- 200m dash
- 1600m relay

FRIDAY NIGHT UNDER THE LIGHTS!! This is one of my favorite meets of the year. It has a lot of history and contains all the local teams. We've had a meet this past Tuesday to hone our skills, and now we're primed and ready to compete at a high level. The combination of good competition, good training all year, and the excitement of a night meet all lead to best performances of the year. Remember when things get nerve-wracking or difficult, that you are well prepared and ready for this! Let's go out there, compete hard, break some PR's, and score some points. We've done a good job getting to finals, competing hard, and scoring points in nearly every event all year in our invites. Let's continue this trend Friday! Traditionally, we have done very well at this meet, and I'm looking for that trend to continue. But this does not just happen. You have to make it happen. So be prepared physically and mentally to compete with the best. This meet also gives us a little preview of our top conference competition. Let's be ready to battle these schools along with all the others.