

GENEVA VIKING TRACK AND FIELD

BATAVIA MEET INFORMATION

COMPETING TEAMS: Girls: Batavia and Geneva – Boys: Batavia and Wheaton North

ADMISSION FEE - \$5 for adults \$3 for students – Enter on the South side of the school

BUS INFO: Bus leaves at 7:40

DIRECTIONS: Randall Rd. South to Main St. Turn Left on Main St. to the high school

EVENT SCHEDULE: Girls go before Boys on every event

Pole Vault to begin at 8:30 – and rest of Field Events Begin at 9:00

-Long Jump Cafeteria style: 4 jumps needs to be completed by 11

-Triple Jump Cafeteria style: 4 jumps needs 2 be completed by 11

-High Jump: 1 co-ed flight

-Shot Put: 4 Throws – 2 rings. One for each gender.

-Pole Vault: girls vault first

Running Events Begin **approx 9:00**

- 4x800m relay

-3200m run

-55m high hurdles

-55m dash

-800m run

-4x200 relay

-400m dash

-1600m run

-200m dash

-4x400m relay

OTHER MEET INFO:

This meet is at Batavia's 200m Mondo Indoor Track! It should be a really nice facility for us to kick off our season. 1/8 inch SPIKES are allowed on the track, but they would prefer no spikes in the shoes at all. You will need to be extremely careful where you walk if you have spikes. They also do not want GUM, FOOD, or any DRINKS besides water in the field house. We are to make our team camp in the cafeteria where we can have food and drinks. Please respect their rules and let's keep the field house nice.

Track meets take several hours, so plan accordingly and bring snacks and drinks to keep properly fueled.

We've had 4 weeks of training so far to get ready for this meet. Let's use this meet as a chance to put that hard work to use. This meet is a great chance to give a great effort and to try new techniques and strategies we've been working on so far this season. This meet only serves as a starting point to the season. I know we'll only get faster, stronger, and more technical as we progress in our season, but what I'm looking for is good effort from all of you.