

GENEVA VIKING TRACK AND FIELD

Co-Ed Dual with St. Charles East

COMPETING TEAMS: Geneva vs. St. Charles East

DIRECTIONS: Take Anderson north to Rte. 64. Turn Right on 64. Turn Left on Dunham Rd. 1040 Dunham Rd.

EVENT SCHEDULE:

Bus leaves at 3:15, be ready to leave as soon as possible after school.

4:30 Field Events Begin

4:30 Running Events Begin

Running Events will always be in this order, so memorize it!!!

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

It's supposed to be rather chilly on Monday, so be prepared with some warm clothes, and be sure to get an extra thorough warmup. Even though it's early in the outdoor season, we need to make the most of every opportunity. St. Charles East traditionally has a good program and will give us some good competition now and when we compete at the conference championships. As always, remember to compete hard, have fun, and cheer on your teammates. Remember that weekday meets tend to go rather fast; don't let your event sneak up on you without proper warm-up. If you're in multiple events, get one good warmup and then remain warm and for your other events as you would for a workout.

Also, don't forget that this is a DUEL with St. Charles East, and we will be competing for the DUEL trophy. Let's take that trophy home with us again!