

GENEVA VIKING TRACK AND FIELD

Upstate Eight Conference Championships
At St. Charles North.

Directions: Take Rte 31 north to Red Gate Rd, and turn left.

Some of you will be getting out of school before 9th hour, 1:00, and I expect to leave at 1:20.

COMPETING TEAMS: Geneva, Bartlett, Batavia, East Aurora, Elgin, Glenbard East, Larkin, St. Charles East, St. Charles North, South Elgin, Streamwood, West Aurora, and West Chicago.

EVENT SCHEDULE:

3:30 Field Events Begin

- VAR Discus throws first (3 throws, top 9 to finals)
- JV Shot Put throws first – (3 throws, top 9 to finals)
- VAR and JV Long Jump to run concurrently – 3 jumps, 9 to finals
- VAR and JV Triple Jump to run concurrently after Long – 3 jumps, 9 to finals
- VAR Pole Vault first, JV to follow
- VAR High Jump first, JV to follow

3:45 – JV 3200m run

4:00 – VAR 3200m run slow heat

4:20 – National Anthem

There are no prelims. All heats will be compared on time.

Finals will begin immediately after the National Anthem approx. 4:25 – **JV Then Varsity**

- 3200m relay
- 400m relay
- 3200m run – fast heat varsity only
- 100m hurdles
- 100m dash
- 800m run
- 800m relay
- 400m dash
- 300m hurdles
- 1600m run
- 200m dash
- 1600m relay

CONFERENCE IS HERE! This is the culmination of our season. Think about where this year began, where we are now, and how we want to finish. Think about the opportunity we have to compete in such a big meet under the lights! You have all endured so much terrible weather this season and your successes are a testament to your character and inner competitive drive. As a coach, it's great to see that determination, and I look for it to continue for the Conference meet.

There have already been many memories made this season, but let's go out on a high note with one more good memory.

Due to the length of the meet, plan on bringing food, water, and homework.

Those of you in choir, please be sure to bring your parent to check out with me before you leave.