

GENEVA VIKING TRACK AND FIELD

GLENBARD EAST MEET INFORMATION

COMPETING TEAMS: Glenbard East, Libertyville, Prospect, and Geneva

BUS INFO: Bus leaves at 3:00

DIRECTIONS: 1014 S. Main St. in Lombard. Take Rte. 38 East to Main Street in Lombard. Turn Left (North) on Main to the school.

EVENT SCHEDULE:

Field Events Begin at 4:30

- Long Jump JV and Varsity combined: Cafeteria style 3 jumps
- High Jump JV and Varsity combined
- Shot Put Varsity followed by JV: 3 Throws
- Triple Jump JV and Varsity combined after LJ: Cafeteria style 3 jumps
- Pole Vault JV and Varsity combined

Running Events Begin **immediately after** the Triple Jump (approx. 5:30)

JV followed by Varsity

- 4x800m relay
- 3200m run
- 55m hurdles
- 55m dash
- 800m run
- 4x200 relay
- 400m dash
- 1600m run
- 200m dash
- 4xlap throwers relay
- 4x400m relay

The track is 179meters
approx 9 laps = 1600m
4.5 laps = 800m
2 laps and a straight = 400m
1 lap and a little more = 200m

OTHER MEET INFO:

Metal spikes may NOT be worn. You can wear the shoes without the spikes.

Team Warm-Up for those not in field events.

Those in field events check in, warm-up, and get your steps immediately.

Warm-Up thoroughly before your event...enough to workup a sweat.

Cool-Down completely and stretch after your events.

Warm-Up and Cool-Down with your teammates in your events.

Cheer on your teammates.

Bring food to eat after the meet.

The majority of you are now track veterans. You now know what to expect and should enter this meet with confidence. Last week, we did very well, and now we need to build upon that experience, and it starts this Thursday. This is our last unlimited meet for a while, and we need make the most of this chance to compete. When you compete, compete hard and make the most of every opportunity. WE did a pretty good job cheering on our teammates, and let's continue with this in a bigger and better way!