

# GENEVA VIKING TRACK AND FIELD

MUSTANG RELAYS @ North Central College

Bus Leaves at 4:30pm

Plan on meeting in my room after school to get some homework done.  
\$3 entry fee for spectators, and they must go up to the 3<sup>rd</sup> floor balcony to watch.

COMPETING TEAMS: Geneva, Bartlett, Bennett Academy, Bolingbrook, Carmel, Conant, Downers Grove South, Fenwick, Glenbard East, Glenbard South, Hillcrest, Hoffman Estates, Homewood Flossmoor, Lake Forest, Lake Park, Lake Zurich, Lane Tech, Lincoln-Way East, Loyola Academy, Lyons Twp., Metea Valley, Minooka, Naperville North, Neuqua Valley, New Trier, Plainfield North, Prospect, Proviso East, Sandburg, Schaumburg, St. Ignatius, Thornwood, West Aurora, West Chicago, Wheaton North, Whitney Young, and Yorkville.

DIRECTIONS: Take Rte. 38 East to Winfield Rd. Take Winfield Rd South to Warrenville Rd. Take Warrenville Rd East for half a mile before staying straight to go on Mill St. Take Mill St. to Ogden Ave. Take Ogden Ave East to N. Washington St. Take Washington St. South to E. Chicago Ave. Take E. Chicago St. East to S. Brainerd St. Take Brainerd St. to the athletic facilities. Bus parking north of the football field.

## EVENT SCHEDULE:

Doors Open at 5:30

**All times are approximate after the first race**

6:30 – Girls 4x8 (3 heats)

7:15 – Boys 4x8 (3 heats)

7:50 – Girls 4x2 (6 heats)

8:20 – Boys 4x2 (6 heats)

8:45 – Girls 4x4 (6 heats)

9:25 – Boys 4x4 (6 heats)

## OTHER MEET INFO:

**1/8<sup>th</sup> pyramid spikes may be worn.**

No food, drink, or gum in the fieldhouse.

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.

Wear your team-issued warm-ups...let's look like a team!

Bring homework to work on.

Bring food to eat before and after the meet.

See the link below for more detailed information.

<http://dgsctf.com/track-field/downers-grove-south-mustang-relays/>