

GENEVA VIKINGS TRACK AND FIELD

Dual with WWS

Bus leaves at 3:00 so be ready to go right after school.

COMPETING TEAMS: Geneva vs. WWS

DIRECTIONS: Take 38 East to Winfield Rd. Take Winfield Rd South to Rte 56. Take Rte 56 East to Wiesbrook Rd and turn left, north. WWS will be soon on your left.

EVENT SCHEDULE:

4:15 Field Events Begin

4:30 Running Events Begin

This is a different start to running events with the relays and no 3200m run.

-4x100m relay

-4x800m relay

-100m hurdles

-100m dash

-800m run

-800m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-1600m relay

This is our first Tuesday meet of the year where everyone gets a chance to compete. We need to make the most of the opportunity and do our best. Every chance we have to get into a pit, ring, or on the track is a chance to improve and try something new. Traditionally, our team has come on strong in the outdoor portion of the season, and this is not by accident. A lot has to do with training, but even more has to do with our mentality. Make sure you prepare and plan to compete as best you can given the different conditions. Wear warm clothes and warmup thoroughly before your events.