

# 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 3:00, 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!!!**

- 4x800m relay
- 4x100m relay
- 3200m run
- 100m hurdles
- 100m dash
- 800m run
- 4x200m relay
- 400m dash
- 300m hurdles
- 1600m run
- 200m dash
- 4x400m relay
- Throwers Relay!!!

It's supposed to be warm Tuesday, but be prepared for any kind of weather! We've had a fair amount of meets already, and it's time to really start building on our experiences, trying something new/different, and fine tuning things for the championship nearing. 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. WE>ME