

GENEVA VIKINGS TRACK AND FIELD

Co-Ed Dual with St. Charles North

COMPETING TEAMS: Geneva vs. St. Charles North

DIRECTIONS: Here!

EVENT SCHEDULE:

Please arrive at the track and field by 3:15

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 (no runners, but we will have a break)

-100m hurdles

-100m dash

-800m run

-4x200m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-4x400m relay

With 2 meets under your belts already, you are all gaining valuable experience to build from. These weekday meets are great opportunities for us to use all we have been practicing and also to try different events. You should be aware that these dual meets go quickly, and coaches may be busy running event. But so far, I've been please at how self-sufficient you have all been. Keep up the good work! Pretty soon, we will have weekend invitationals and need to make selections for specific events. These meets are your chance to show what you can do and earn your spots for the weekend.