

# GENEVA VIKING TRACK AND FIELD

Invitational @ KANELAND

**COMPETING TEAMS:** Geneva, Kaneland, Hinkley Big Rock, Lake Zurich, Rosary, St. Charles North, South Elgin, and Yorkville

**DIRECTIONS:** West on Keslinger. West past Rte. 47, and then West some more. About 3 miles past Rte. 47 is Kaneland High School on the right side of Keslinger.

**BUS TIME :** Bus leaves at 7:30, be here for team pictures at 7:15

## EVENT SCHEDULE:

9:00 Field Events Begin

Three jumps/throws – top 8 to finals

9:30 Running Events Begin

-4x800m relay

-4x100m relay

-3200m run

-100m hurdles

-100m dash

-800m run

-4x200m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-4x400m relay

We are coming off a great weekday meet at home on Wednesday. Let's keep that momentum going! But lets also realize that things just don't luckily fall into place. WE need to make these improvements happen. This begins at practice and extends to the meets. Let's focus on what we need to these next few days to continue to process.

This meet will have more teams and more competition, which is usually an important component for success. When teammates or competitors push us, we often go beyond our perceived limits. Let's embrace this opportunity to compete in our first invite of the season.

Given that it's an invite, it will be a longer day, so plan for that with snacks and drinks to take with you. This will also give us more time to rest between events. This meet will also be more official with checking in for your events, so be prepared with that.

All in all, I think we are ready to step up and show everyone what Geneva Track and Field can do!