

## GENEVA VIKING TRACK AND FIELD

Dual with Wheaton North

COMPETING TEAMS: Geneva vs. Wheaton North

DIRECTIONS: Right here at our own Burgess Field!

### EVENT SCHEDULE:

Arrive at the track no later than 3:15 and be ready to help

4:15 Field Events Begin

4:30 Running Events Begin

**Running Events are in this order. Do you have it memorized yet?**

- 4x800m relay
- 4x100m relay
- 3200m run – Or 10 min break
- 100m hurdles
- 100m dash
- 800m run
- 4x200m relay
- 400m dash
- 300m hurdles
- 1600m run
- 200m dash
- 4x400m relay

## TRACK & FIELD

This is our last weekday meet of the year and the last chance to tune up for some of the bigger meets coming up. We should really focus on honing our skills and technique for these next few meets, the championship phase of the season. Not everyone will compete this weekend, and for those who are not varsity, this is your chance to compete and show us what you can do. One way or another, let's make the most of this opportunity to compete on our home field and set ourselves up for future meets.