

GENEVA VIKINGS TRACK AND FIELD

44th Annual Kane County @ Geneva High School

Arrive 12:45pm

COMPETING TEAMS: Geneva, Aurora Central Catholic, Aurora Christian, Burlington Central, Dundee-Crown, East Aurora, Elgin, Elgin Academy, Hampshire, Larkin, Kaneland, Rosary, South Elgin, St. Charles East, St. Charles North, St. Edwards, and West Aurora.

EVENT SCHEDULE:

1:45 Senior recognition on the 50 yard line

2:00 Field Events Begin – Top 9 to finals

- Shot Put – Flights 1 then 2 (worst to best) then finals
- Discus – Flight 1 then 2 (worst to best) Warmup during finals of Shot Put
- Long jump – Flight 1 then 2 (worst to best) then directly to finals
- Triple jump – Flight 1 then 2 (worst to best) Warmup during finals of Long Jump.
- Pole Vault – Starting height TBD
- High Jump – Starting height TBD

3:00 Running Events – **Remember to WARM-UP thoroughly before your events! This is extremely important for top performances.**

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

This is one of my favorite meets of the year, and the fact we are hosting it makes it extra special. The Kane County meet has a lot of history and contains all the local teams which makes it unique. We've had a meet this past Wednesday to hone our skills, and now we're primed and ready to compete at a high level. The combination of good competition, good training all year, and the excitement of an evening meet all lead to best performances of the year. Remember when things get nerve-wracking or difficult, that you are well prepared and ready for this! TRUST your body, TRUST your training, and TRUST yourself. Be CONFIDENT! Be AGGRESSIVE! Let's go out there and compete hard, break some PR's, earn some top places, and cheer on your teammates! Traditionally, we have done very well at this meet, and I'm looking for that trend to continue. But this does not just fall into place, you have to make it happen. So be prepared physically and mentally to compete with the best.

It will also be pretty hot on Saturday, so plan to hydrate, stay out of the sun as much as possible, and bring your sunscreen.

This meet also gives us a little preview of half of our conference and sectional competition. Let's be ready to battle these schools along with all the others.