

GENEVA VIKING TRACK AND FIELD

Co-Ed Dual with St. Charles East

COMPETING TEAMS: Geneva vs. St. Charles East

DIRECTIONS: Right here at our own Burgess Field!

EVENT SCHEDULE:

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

4:30 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

Please continue doing a great job getting prepared and ready on your own during home meets. Coaches will be busy organizing and running the meet and events, so be prepared to be independent. I think we all take pride and enjoy competing on our home track, so let's make the most of the opportunity. You guys know how to prepare for the colder weather and get a good warmup in before your events. Keep up the good work with this.