

GENEVA VIKINGS TRACK AND FIELD

IHSA Sectionals @ Lake Park – East Campus

Bus leaves at 3:00. Be ready to go after school as quickly as you can.

COMPETING TEAMS: Geneva, Addison Trail, Bartlett, Batavia, Fenton, Glenbard East, Glenbard North, Glenbard West, Lake Park, St. Charles East, St. Charles North, West Chicago, Wheaton North, Wheaton Warrenville South, Willowbrook, and York

DIRECTIONS: Rte 64 east to Rte 59. Rte 59 north to Schick. East on Schick to Bloomingdale. North on Bloomingdale to Foster. Foster is a small Rd that kind of sneaks up on you. Take Foster Rd east to Jubilee Bible Church and park in their lot.

EVENT SCHEDULE:

4:30 Field Events Begin

- Discus throws first – 3 flights (4 throws – no finals)
- Shot Put to follow – Flight 1 to begin during flight 3 of Disc (4 throws)
- Long Jump first – 2 flights (4 jumps – no finals)
- Triple Jump to follow – 2 flights (4 jumps – no finals)
- Pole Vault and High Jump to completion

Running events will begin at 6:00pm

6:00 - Finals – Times are **approximate** – **Be sure to check in 10 min beforehand**

- 4x800m relay – 6:00
- 4x100m relay – 6:15
- 3200m run – 6:25
- 100m hurdles – 6:55
- 100m dash – 7:10
- 800m run – 7:25
- 4x200m relay – 7:40
- 400m dash – 7:55
- 300m hurdles – 8:20
- 1600m run – 8:35
- 200m dash – 8:55
- 4x400m relay – 9:15

This is it. The Sectional meet. This is the culmination of all our hard work all season long. This combined with all the other competition will make for a great opportunity to do our best. Bigger meets like this also make for bigger opportunities to make memories. Let's also not forget that this is the opportunity we have been looking forward to for the entire season, and career for many.

In years past, we have had a few great performances early in the meet that help to get things started. This is one reason why I want everyone at the meet early to cheer on each other and to feed off each other's positive energy. When one girl PR's or qualifies for state, we can all revel in that success and get pumped for our own. I'm proud of all you have accomplished this season so far, and excited to see you perform on the Sectional stage! Let's go get it!