

# GENEVA VIKINGS TRACK AND FIELD

Burlington Central

COMPETING TEAMS: Geneva, St. Charles North, and Burlington Central

BUS TIME: Bus leaves GHS at 3:00

Admission: \$5 adults \$3 students \$2 Senior citizens

DIRECTIONS: Take Rte 64 West to Burlington Rd. Turn Right on Burlington Rd and take this for some time to Plato Rd. Turn Right on Plato Rd. Burlington Central High School will be on the right.

## EVENT SCHEDULE:

Field Events Begin at asap or 4:30 at the latest.

- Long Jump – 4 jumps
- Triple Jump – 4 jumps
- High Jump – Roll call, 5 alive
- Shot Put – 4 throws
- Pole Vault – One flight

Running Events Begin at 5:15

- 4x800m relay
- 3200m run
- 60m hurdles
- 60m dash
- 800m run
- 4x200m relay
- 400m dash
- 1600m run
- 200m dash
- 4x400m relay

Girls, the indoor season is in full swing, and we are ready for another invitational. This is a great meet for us at this point in the season, and another great facility to compete at as well. For this meet, **\*\*NO SPIKES\*\*** are allowed. Please remove the 1/8<sup>th</sup> in spikes and abide by their request. They are also asking to keep all our gear in the gym and only water in the field house. Their field house is much newer than Batavia's and they want to keep it as nice as possible for as long as possible.

This is an excellent opportunity to continue to show progress against a few other teams. This is also our final unlimited entry meet, and it will be important to make the most of your opportunity to compete and do your best. Continue to prepare well for your event, focus your energy, compete hard, and cheer on your teammates. I've been impressed with the team spirit and positive energy so far this season, keep that up!