



## 212 Degrees

At 211 degrees...water is hot.

At 212 degrees...it boils.

Water at 211 degrees does not produce steam.

Water at 212 degrees produces steam.

Hot water cannot power a locomotive.

*Steam can.*

One degree makes all the difference.

One degree separates the good from the great.

*FIND THAT ONE DEGREE!!*

2023 Track and Field Season

## REQUIREMENTS FOR PARTICIPATION

1. Must be completed before the first day of practice – January 17th, 2023
  - a. **Current Sports Physical (since Dec, 2021)**
  - b. **Must register on geneva.8to18.**
    - i. **Parents be sure to check both Parent and Student check boxes on all three legal forms.**
  - c. **Must have updated physical on file.**
  - d. **Uniform obligations from 2021 season cleared**

## FIRST DAY OF ATTENDANCE EXPECTATIONS

1. **All veteran track and field athletes are required to start on the first day of practice unless prior arrangements are made with the head coach, or they are in a winter sport.**
2. All first year track and field athletes are expected to be at the first day as well. However, first year athletes may be granted more latitude in meeting this requirement.
3. All track and field athletes participating in an IHSA winter sport are exempt from the starting date requirements. They must be in contact with the head coach as to when their season ends and are expected to begin on the 6<sup>th</sup> school day after their last competition.

## PRACTICE AND MEET ATTENDANCE

All team members are expected to report on time to all practices and meets unless they are excused in advance by a track coach.

## NOTIFICATION OF AN ABSENCE

1. An absence from a meet or practice will be excused if a coach (preferably the head coach) is notified via email, text, or phone call *in advance* of the absence. This notice may be made by a parent/guardian or the athlete himself.
2. If the notice is not given in advance, then a written note from the parent is required within 24 hours after the absence.
3. If practices are missed for any reason throughout the week you have missed opportunities to be evaluated and to improve and maintain your competitive training. If this situation occurs, participation in the upcoming meet(s) could be evaluated and determined by the event coach and the head coach.

## **PRACTICE TARDINESS OR ABSENCE DUE TO ACADEMIC REASONS**

It is the policy of this program that academics comes first. With that being said, it is an expectation that all team members will make every effort possible to avoid conflicts between academics and team responsibility. It is expected the student-athlete will prescribe to the following guidelines when missing part or all of practice –

1. All effort will be made to make arrangements with the teacher to meet outside of practice time.
2. If the above cannot be met, then the head coach will be notified in advance (text, email, personal communication) that the team member will be tardy or missing practice.
3. When tardy or absent from practice, the team member must produce a pass from the teacher he was receiving help from.
4. If tutoring is required on a regular basis, then a plan must be put in place between the team member and the head coach.

## **ABSENCE PENALTY**

- A. UNEXCUSED PRACTICE PENALTY
  - a. First offense – WARNING
  - b. Second offense – SUSPENSION FROM THE NEXT MEET
  - c. Third offense – REMOVAL FROM THE TEAM
- B. UNEXCUSED MEET PENALTY
  - a. First offense – SUSPENSION FROM THE NEXT MEET
  - b. Second offense – REMOVAL FROM THE TEAM

**ALL RELAY TEAM MEMBERS MUST BE PRESENT THE PRACTICE BEFORE A MEET OR THEY MAY BE SCRATCED FROM THAT RELAY TEAM. HOWEVER, THEY MAY PARTICIPATE IN AN INDIVIDUAL EVENT**

## **MEET EXPECTATIONS**

1. Competition Attendance
  - a. Team members are required to be at the competition from the beginning of the meet until the conclusion of the meet
  - b. Dual Meets: Entire team is required to be in attendance
  - c. Major Invitationals: only those competing and alternates are required to attend. Non-competing team members are encouraged to attend and support the team
  - d. VanDeveer Invitational: ALL TEAM MEMBERS REQUIRED TO ATTEND
  - e. Competition attendance penalties
    - i. First offense: personal warning
    - ii. Second offense: 1 meet suspension
    - iii. Third offense: dismissal from the team

2. Competition Transportation

All team members are expected arrive together and depart together. We arrive as a team, and leave as a team.

3. Competition Attitude

*Blue Smoke team members compete fiercely; with everything they have 100 % of the time.* When it comes to competition, there can be only one credo, as stated by Yoda; “Do or do not, there is no try”. We interpret this as there are no excuses. The track, the weather, the event is the same for everyone. What separates the difference between 1<sup>st</sup> place and 2<sup>nd</sup> place or 5<sup>th</sup> and 6<sup>th</sup> place is attitude and perseverance.

**When you are wearing the *Royal and White*, you represent yourself, your team, your family and your community.  
Compete fiercely and respectfully.**

## **CONDUCT OF TEAM MEMBERS**

We expect our athletes to take pride in conducting themselves as fierce competitors as well as display a respect for each other, the opponent, and the sport itself.

### **The following behaviors will not be tolerated:**

1. Lack of respect towards teammates, coaches, officials, opponents and school facilities. The following are examples but not limited to,
  - a. Hazing/bullying – in person or social media
  - b. Publicly arguing with officials or coaches
  - c. Vandalism, theft or destruction of GHS or opponents school property, or personal property.
2. Unsportsmanlike conduct
3. Public profanity
4. Failing to give expected effort.

### **Penalties**

1. First offense – coaches’ discretion
2. Second offense - Suspension from the next meet
3. Third offense – Removal from the team.

## Attitude

Blue Smoke student-athletes know that hard work is the only reason for personal success. You will *work hard, but work smart*. Hard work will be focused work. There will be days when the practice may not be designed physically demanding, but mentally demanding. It may be a form day, when the focus will be on technique development. While this may or may not be physically demanding, a mental demand is always expected.

You will also learn that true competitors are not comfortable unless they are being challenged. This means that your comfort zone is really being physically uncomfortable. Being physically and mentally challenged on a daily basis becomes a way of life, not just once in a while.

Another habit you will develop is one of discipline. Discipline doesn't mean being punished. It is a way of life. Being disciplined means focusing on the task at hand and not being distracted. It also means that you realize there is an appropriate time for distractions, and when it is inappropriate.

Finally, there is PMA. **P**ositive **M**ental **A**ttitude. You will develop a deep understanding of how your attitude affects your behavior and performance. While you may not like some of physical challenges being presented to you, you know deep down that they are making you a better athlete and a better person. You know that when times get tough, picking up a teammate produces better results than picking on a teammate.

**REMEMBER, WE CHOOSE OPPORTUNITY, NOT OBLIGATION!**

# Viking Track and Field

# January 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1      | 2      | 3       | 4         | 5        | 6      | 7        |
| 8      | 9      | 10      | 11        | 12       | 13     | 14       |
| 15     | 16     | 17      | 18        | 19       | 20     | 21       |
| 22     | 23     | 24      | 25        | 26       | 27     | 28       |
| 29     | 30     | 31      |           |          |        |          |

# Viking Track and Field

# February 2023

| Sunday | Monday                     | Tuesday  | Wednesday                  | Thursday                   | Friday                              | Saturday   |
|--------|----------------------------|--|----------------------------|----------------------------|-------------------------------------|--|
|        |                            |  | 1<br>Practice 3:15 – 5:00  | 2<br>Practice 3:15 – 5:00  | 3<br>Practice 3:15 – 5:00           | 4  |
| 5      | 6<br>Practice 3:15 – 5:00  | 7<br>Practice 3:15 – 5:00                      | 8<br>Practice 3:15 – 5:00  | 9<br>Practice 3:15 – 5:00  | 10<br>Meet @ Batavia<br>Entire Team | 11<br>Thrower's/Vaulters @<br>Burlington Central |
| 12     | 13<br>Practice 3:15 – 5:00 | 14<br>Practice 3:15 – 5:00<br>Fund Raiser      | 15<br>Practice 3:15 – 5:00 | 16<br>Practice 3:15 – 5:00 | 17<br>Practice 3:15 – 5:00          | 18<br>Varsity/JV meet @<br>Rockford Auburn       |
| 19     | 20<br>Practice 3:15 – 5:00 | 21<br>Fr/Soph/Varsity @<br>Willowbrook HS 4:30 | 22<br>Practice 3:15 – 5:00 | 23<br>Practice 3:15 – 5:00 | 24<br>Practice 3:15 – 5:00          | 25   |
| 26     | 27<br>Practice 3:15 – 5:00 | 28<br>Practice 3:15 – 5:00                     |                            |                            |                                     |  |
|        |                            |  |                            |                            |                                     |  |

# Viking Track and Field

# March 2023

| Sunday | Monday                 | Tuesday   | Wednesday              | Thursday               | Friday  | Saturday                                       |
|--------|------------------------|---|------------------------|------------------------|---|--|
|        |                        |   | 1<br>Practice 3:15 pm  | 2<br>Practice 3:15 pm  | 3<br>Practice 3:15 pm   | 4  |
| 5      | 6<br>Practice 3:15 pm  | 7<br>Practice 3:15 pm   | 8<br>Practice 3:15 pm  | 9<br>Practice 3:15 pm  | 10<br>Varsity @ Burlington<br>Central 4:30 pm                           | 11<br>Varsity @<br>Hononegah Invite<br>2:00 pm |
| 12     | 13<br>Practice 3:15 pm | 14<br>Practice 3:15 pm<br>Glenbard South F/S<br>Invite 4:30 pm<br>(tentative) | 15<br>Practice 3:15 pm | 16<br>Practice 3:15 pm | 17<br>DuKane Conference<br>Indoor<br>Championships<br>@ Batavia 4:30 pm | 18   |
| 19     | 20<br>Practice 3:15 pm | 21<br>Practice 3:15 pm  | 22<br>Practice 3:15 pm | 23<br>Practice 3:15 pm | 24<br>No practice   | 25   |
| 26     | 27<br>SPRING BREAK     | 28<br>SPRING BREAK  | 29<br>SPRING BREAK     | 30<br>SPRING BREAK     | 31<br>SPRING BREAK  |  |



# Viking Track and Field

# April 2023

| Sunday | Monday        | Tuesday   | Wednesday  | Thursday            | Friday   | Saturday  |
|--------|---------------|---|--|---------------------|--|---|
|        |               |   |  |                     |  | 1   |
| 2      | Practice 3:15 | 3<br>Practice 3:15                                | 4<br>Practice 3:15                                   | 5<br>Practice 3:15  | 6<br>Practice 3:15   | 7<br>Meet @ Batavia All<br>levels 4:30 pm                               |
| 8      |               |   |  |                     |  |   |
| 9      | Practice 3:15 | 10<br><b>Coed vs STC East<br/>All Levels 4:30</b> | 11<br>Practice 3:15                                  | 12<br>Practice 3:15 | 13<br>Practice 3:15  | 14<br>Practice 3:15   |
| 15     |               |   |  |                     |  | <b>VanDeveer Relays<br/>Home 9:00 am</b>                                |
| 16     | Practice 3:15 | 17<br>Practice 3:15                               | 18<br>@Wheaton North vs<br>Glenbard N & STC<br>North | 19<br>Practice 3:15 | 20<br>Practice 3:15 pm<br>Throwers Meet @<br>West Aurora 4:00 pm | 21<br>Depart for University<br>of Louisville 6:00 am<br>Compete 4:30 pm |
| 22     |               |   |  |                     |  | Eastern Relays @<br>University of Louisville<br>Arrive GHS 12:00 am     |
| 23     | Practice 3:15 | 24<br>Practice 3:15                               | 25<br><b>Coed vs Batavia<br/>All levels 4:30 pm</b>  | 26<br>Practice 3:15 | 27<br>Practice 3:15  | 28<br>Meet @ Oswego HS<br>F/S & Varsity 4:30 pm                         |
| 29     |               |   |  |                     |  |   |
| 30     |               |   |  |                     |  |   |

# May 2023

## Viking Track and Field

| Sunday | Monday              | Tuesday                               | Wednesday           | Thursday   | Friday  | Saturday   |
|--------|---------------------|---------------------------------------|---------------------|--|---|--|
|        | 1<br>Practice 3:15  | 2<br>Meet @ WWS<br>All levels 4:30 pm | 3<br>Practice 3:15  | 4<br>Practice 3:15   | 5<br>Kane County Invite<br>@ STC North Varsity<br>4:30 pm           | 6<br>F/S/JV Meet @ STC<br>North 9:00 am                      |
| 7      | 8<br>Practice 3:15  | 9<br>Practice 3:15                    | 10<br>Practice 3:15 | 11<br>Practice 3:15  | 12<br><b>DuKane Conference<br/>@ Geneva 4:30 pm<br/>Varsity/F/S</b> | 13   |
| 14     | 15<br>Practice 3:15 | 16<br>Practice 3:15                   | 17<br>Practice 3:15 | 18<br>IHSA Sectional<br>Championships<br>Bartlett/Streamwood | 19<br>Practice 3:15   | 20   |
| 21     | 22<br>Practice 3:15 | 23<br>Practice 3:15                   | 24<br>Practice 3:15 | 25<br>IHSA STATE<br>CHAMPIONSHIPS @<br>Eastern Illinois Univ | 26<br>IHSA STATE<br>CHAMPIONSHIPS @<br>Eastern Illinois Univ        | 27<br>IHSA STATE<br>CHAMPIONSHIPS @<br>Eastern Illinois Univ |
| 28     | 29                  | 30                                    | 31                  |  |   |  |

**BLUE SMOKE TRACK FIELD  
2023 MEET SCHEDULE**

| Date            | Meet                                   | Competing levels  | Place                           | Meet Start      | Bus Time       |
|-----------------|--|---|---------------------------------|-----------------|----------------|
| 2/10/23         | Batavia Coed                           | All levels  | Batavia HS                      | 4:30 pm         | 3:00 pm        |
| 2/11/23         | Central HS Throwers/Vaulters Meet      | All throwers/vaulters   | Burlington Central              | 9:00 am         | 7:00 am        |
| 2/18/23         | Auburn Invitational                    | TBA   | Rockford Auburn                 | 9:00 am         | 6:45 am        |
| 2/21/23         | Glenbard South/Willowbrook             | All levels  | Willowbrook                     | 4:30 pm         | 3:00 pm        |
| 3/10/23         | Burlington Central Invite              | Varsity top two   | Burlington Central              | 4:30 pm         | 3:00 pm        |
| 3/12/23         | Hononegah Indoor Invite                | Varsity top three   | Hononagah H.S                   | 2:00 pm         | 11:30 am       |
| 3/15/23         | Glenbard South F/S Invite              | Top 3 running event & Top 5 field events.                     | Glenbard South HS               | 4:30 pm         | 3:00 pm        |
| 3/17/23         | DuKane Conference Indoor Championships | Varsity and F/S top two in each event                         | Batavia                         | 4:30 pm         | 3:00 pm        |
| 4/7/23          | Les Hodge Invitational                 | All levels  | Batavia                         | 4:30 pm         | 3:00 pm        |
| 4/11/23         | <b>STC East (Coed)</b>                 | <b>All levels</b>   | <b>Geneva</b>                   | <b>4:30 pm</b>  |                |
| 4/15/23         | <b>VanDeveer Relays</b>                | <b>Top relay in each event, F/S running events</b>            | <b>Geneva</b>                   | <b>9:15 am</b>  |                |
| 4/18/23         | Wheaton North/Glenbard North/STC North | All levels  | Wheaton North                   | 4:30            | 3:00 pm        |
| 4/20/23         | West Aurora Throwers Meet              | Top 3 throwers per level                                      | West Aurora                     | 4:30            | 3:15 pm        |
| 4/21-22/23      | Eastern Relays                         | All quailifers  | University of Louisville        | 5:00 pm         | 6:00 am        |
| 4/22/23         | <b>Burlington Central F/S Invite</b>   | <b>Frosh/Soph</b>   | <b>Burlington Central</b>       | <b>TBA</b>      | <b>TBA</b>     |
| 4/25/23         | <b>Batavia (Coed)</b>                  | <b>All levels</b>   | <b>Geneva</b>                   | <b>4:30</b>     |                |
| 4/28/23         | Wilcox Invitational                    | Varsity and frosh/soph top three in each event                | Oswego                          | 5:00 pm         | 3:00 pm        |
| 5/2/23          | WWS, Glenbard North, Lake Park         | All levels  | WWS                             | 4:30 pm         | 3:00 pm        |
| 5/5/23          | Kane County Invitational               | Varsity+frosh relay   | STC North                       | 4:30 pm         | 3:00 pm        |
| 5/4/19          | <b>STC North Fr/JV Quad</b>            | <b>All who did not compete in Kane County. Select Varsity</b> | <b>STC North</b>                | <b>10:00 am</b> | <b>8:30 am</b> |
| 5/12/23         | <b>DuKane Championships</b>            | <b>Varsity and F/S top two in each event</b>                  | <b>Geneva</b>                   | <b>4:30 pm</b>  |                |
| 5/18 or 19/2023 | IHSA Sectional Championships           | Varsity - Top two in each event                               | Bartlett/Streamwood High School | TBA             | TBA            |
| 5/25-27 - 2023  | <b>IHSA STATE CHAMPIONSHIPS</b>        | Qualifiers from Sectional                                     | EIU                             | TBA             | TBA            |

2023 VIKING TRACK AND FIELD  
QUALIFYING STANDARDS

|                | <b>IHSA FINALS</b> | <b>EASTERN RELAYS</b> |             |
|----------------|--------------------|-----------------------|-------------|
| <b>Event</b>   | <b>Class AAA</b>   | <b>Competitive</b>    | <b>Open</b> |
| <b>LJ</b>      | 6.75m (22-2)       | 20' 6"                | 19' 6"      |
| <b>PV</b>      | 4.16m (13-8)       | 12' 8"                | 10' 6"      |
| <b>HJ</b>      | 1.9m (6-3)         | 5'9"                  |             |
| <b>SP</b>      | 15.97m (52-5)      | 44' 0"                | 41' 0"      |
| <b>TJ</b>      | 13.36m (43-10)     | 41' 6"                | 38' 0"      |
| <b>DT</b>      | 46.71m (153-3)     | 135' 0"               | 120' 0"     |
| <b>4X800m</b>  | 8:04.23            | No Standard           |             |
| <b>4X100m</b>  | 42.99              | No Standard           |             |
| <b>3200m</b>   | 9:35.34            | 10:05.00              |             |
| <b>110 HH</b>  | 15.40              | 17.50                 |             |
| <b>100M</b>    | 11.04              | 11.50                 |             |
| <b>800m</b>    | 1:59.36            | 2:04.00               |             |
| <b>4X200m</b>  | 1:30.85            | No Standard           |             |
| <b>400m</b>    | 50.77              | 52.50                 |             |
| <b>300 IH</b>  | 40.88              | 44.00                 |             |
| <b>1600m</b>   | 4:23.68            | 4:36.00               |             |
| <b>200m</b>    | 22.33              | 23.40                 |             |
| <b>4X400m</b>  | 3:28.30            | No Standard           |             |
| <b>Steeple</b> |                    | 5:00 1600m            |             |



## BOYS FRESHMAN RECORDS



| EVENT        | RECORD   | NAME(S)  | YEAR |
|--------------|----------|--|------|
| 4x800m       | 8:32.27  | C. Higgins, D. Hickey,<br>J. Tauscher, A. Nelson | 2006 |
| 4x100m       | 47.94    | T. Cottier, D. Swanson<br>S.Fintzen, M. Cesarone | 1983 |
| 3200m Run    | 9:36.17  | Josh Rogers                                      | 2016 |
| 110m Hurdles | 17.03    | Onyi Ukaobasi                                    | 2017 |
| 100m Dash    | 11.34    | Kent Benson                                      | 2001 |
| 800m Run     | 2:03.90  | Mike Aitken                                      | 2001 |
| 4x200m       | 1:40.24  | B. Bashaw, D. Thompson<br>D. Smith, B. McKeown   | 1969 |
| 400m Dash    | 53.20    | Justin Davis                                     | 2010 |
| 300m Hurdles | 41.97    | Andrew Olenek                                    | 2016 |
| 1600m Run    | 4:37.80  | Andrew Nelson                                    | 2006 |
| 200m Dash    | 22.70    | Justin Taormina                                  | 2013 |
| 4x400m       | 3:48.47  | B. Deasy, L. Lightfoot<br>T. Noll, D. Stolarik   | 2022 |
| Shot Put     | 51' 5"   | Frank Boenzi                                     | 2007 |
| Discus Throw | 143' 10" | Frank Boenzi                                     | 2007 |
| High Jump    | 5' 8.5"  | Bruce Tison                                      | 1972 |
| Long Jump    | 20' 6"   | Justin Taormina                                  | 2013 |
| Triple Jump  | 41' 11.5 | Pace Temple                                      | 2012 |
| Pole Vault   | 12' 6"   | Mitch Kasperkiewicz                              | 1998 |



## BOYS FROSH/SOPH RECORDS



| EVENT        | RECORD    | NAME(S)  | YEAR |
|--------------|-----------|--|------|
| 4x800m       | 8:28.0    | T. Williams, D. Leitner,<br>P.J. Ryan, J. Wagner     | 1989 |
| 4x100m       | 45.70     | J. Vanderveen, C. Franklin<br>M. Sroka, K. Benson    | 2001 |
| 3200m Run    | 9:21.94   | Josh Rodgers   | 2017 |
| 110m Hurdles | 15.50     | Ed Ruzic   | 1979 |
| 100m Dash    | 11.00     | Jim Klein  | 1988 |
| 800m Run     | 1:55.90   | Peter Archibald                                      | 2010 |
| 4x200m       | 1:35.32   | Z. Buck, A. Keating,<br>J. Taormina, P. Cesarone     | 2014 |
| 400m Dash    | 50.90     | Mitch Hookham  | 1987 |
| 300m Hurdles | 40.73     | Andrew Olenek  | 2017 |
| 1600m Run    | 4:22.30   | Andrew Nelson  | 2007 |
| 200m Dash    | 22.65     | Justin Taormina                                      | 2014 |
| 4x400m       | 3:35.60   | M. Sroka, M. Aitken,<br>J.Vanderveen, Steve Clemmons | 2001 |
| Shot Put     | 56' 1.5"* | Frank Boenzi   | 2008 |
| Discus Throw | 157' 10"  | Frank Boenzi   | 2008 |
| High Jump    | 6' 2"     | Eric Hatzel  | 1998 |
| Long Jump    | 21' 3"    | Justin Nebel   | 2013 |
| Triple Jump  | 41' 3.5"  | Kevin Chandler                                       | 1991 |
| Pole Vault   | 13' 3"    | Mitch Kasperkiewicz                                  | 1999 |

\* record set at the state meet

VIKING TRACK AND FIELD  
VARSITY OUTDOOR RECORDS

| Event         | Geneva High School Varsity Record |   | Year | Place of performance                   |
|---------------|-----------------------------------|---|------|--|
| Long Jump     | 22' 10"                           | Ben Rogers                                      | 2012 | IHSA State Finals, 6th place jump      |
| Pole Vault    | 14' 11"                           | Tim Guthrie                                     | 2013 | IHSA Sectionals, Hoffman Estates       |
| High Jump     | 6' 8"                             | Bruce Tison                                     | 1975 |  |
| Shot Put      | 60' 4.5"                          | Frank Boenzi                                    | 2010 | IHSA Sectionals, Streamwood HS         |
| Triple Jump   | 46' 9"                            | Ben Rogers                                      | 2012 | IHSA State Finals 4th place jump       |
| Discus Throw  | 168' 8"                           | Frank Boenzi                                    | 2010 | Western Sun Conference Championships   |
| 4x800 m Relay | 7:45.86                           | C. Higgins, D. Hickey, J. Tauscher, A. Nelson   | 2009 | IHSA State Finals, 2nd place           |
| 4x100m Relay  | 42.64                             | J. Nebel, D. Friedel, R. Skibinski, J. Taormina | 2015 | IHSA Sectionals, West Aurora HS        |
| 3200m Run     | 9:05.24                           | Ben Calusinski                                  | 2021 | Distance Night, Palatine HS, 5th place |
| 110m HH       | 14.63                             | Tom Frederick                                   | 2010 | IHSA Sectionals, Streamwood HS         |
| 100m Dash     | 10.69                             | Kent Benson                                     | 2003 | IHSA State Finals, 3rd place           |
| 800m Run      | 1:52.16                           | Peter Archibald                                 | 2012 | IHSA State Finals - 2nd place          |
| 4x200m Relay  | 1:28.36                           | J. Taormina, D. Friedel, R. Skibinski, Z. Buck  | 2016 | IHSA Sectionals, Metea Valley HS       |
| 400m Dash     | 49.21                             | Russell Acton                                   | 2011 | IHSA Sectionals                        |
| 300m IH       | 38.24                             | Ryan Ahern                                      | 2011 | IHSA Sectionals                        |
| 1600m Run     | 4:07.79                           | Andrew Nelson                                   | 2009 | Midwest Distance Gala                  |
| 200m Dash     | 21.24                             | Kent Benson                                     | 2003 | IHSA Sectionals                        |
| 4x400m Relay  | 3:20.9                            | T. Hickey, J. Davis, R. Ahern, R. Acton         | 2011 | IHSA Sectionals                        |

# VIKING TRACK AND FIELD AWARDS

## YEAR END AWARDS

**Numerals** – Freshmen only

**Minor Letter** – Sophomores only

**Major Letter** – Juniors/Seniors

**Most Valuable Track Athlete** – Voted on by team members

**Most Valuable Field Athlete** – Voted on by team members

**Most Improved Track Athlete** – Voted on by coaches

**Most Improved Field Athlete** – Voted on by coaches

## REQUIREMENTS FOR AWARDS

1. Participate in 90% of practices
  - a. Absences from school do not count into this.
  - b. Absences due to medical appointments do not count into this.
2. Miss no more than 2 meets (injury or illness not included)

## FRESHMEN AND SOPHOMORES MAY EARN A MAJOR LETTER IF:

1. Compete and score points at the varsity level at the conference or sectional meet
2. Compete at the varsity level in at least 60% of the major meets