

# GENEVA VIKING TRACK AND FIELD

Burlington Central

COMPETING TEAMS: Batavia, Burlington Central, Crystal Lake Central, Hoffman Estates, Harlem, Jacobs, Johnsbury, Kaneland, McHenry, Naperville Central, Rolling Meadows, Rosary, St. Charles East, South Elgin, West Aurora, and Geneva

BUS TIME: Bus leaves GHS at 7:30

PICTURES: 7:00 in the upstairs track. Arrive at 6:50 to get organized.

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 9:00

- Long Jump – 2 flights – Flight 1 followed by Flight 2 – 4 jumps
- Triple Jump – 2 flights – Flight 2 followed by flight 1 – 4 jumps
- High Jump – Roll call, 5 alive
- Shot Put - 2 rings – Ring 1 flights 1-3, Ring 2 flights 4-6 – 4 throws, no finals.
- Pole Vault – One flight

Running Events Begin at 9:45

- 3200m run – Slow Heat
- 4x800m relay
- 3200m run – Fast Heat
- 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. Also, for this meet,  $\frac{1}{4}$  " spikes may be used. These are the standard size spikes that are used for outdoor track, so use them if you have them!

This is an excellent opportunity to continue to show progress against a variety of competition. 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!