

GENEVA VIKING TRACK AND FIELD

Burlington Central

COMPETING TEAMS: Geneva, Burlington Central, Hersey, Grayslake North, Jacobs, Kaneland, Wheaton North, and Vernon Hills

BUS TIME: Bus leaves GHS at 7:05

Admission: \$5 adults \$3 students & 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:

Coaches meeting at 7:45

Shot Put: Warmup begins at 8am. 4 throws for each. Best from each team moves on to round 2. Then 2 throws, then 1 throw to become Queen of the Ring!

Pole Vault: Each vaulter gets a MAX of 8 jumps. Choose your attempts wisely. 3 misses and you're eliminated as usual. Boys vault first, girls to follow.

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, ¼" 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. Be sure to keep the Switch Flipped on, bring that competitive energy, and get after it!