

# GENEVA VIKINGS TRACK AND FIELD

Dual with WWS @ HOME

Plan to arrive at the outdoor track by 3:15 as you usually would for practice. We will check in and set up camp at the visitor's warming shed

COMPETING TEAMS: Geneva vs. WWS

## EVENT SCHEDULE:

4:30 Field Events Begin

-Discus followed by Shot Put – 3 or 4 throws

-Long Jump followed by Triple – 3 or 4 jumps – 30 min time limit

4:30 Running Events Begin

## Order of events

- 4x800m relay
- 4x100m relay
- 3200m run
- 100m hurdles
- 100m dash
- 800m run
- 4x200m relay
- 400m dash
- 300m hurdles
- 1600m run
- 200m dash
- 4x400m relay

This is our first weekday dual and we need to make the most of the opportunity to get back to competing and get the spring break rust off. This is another opportunity to put to the test in a meet environment all we have worked on in practice. Every chance we have to get into a pit, ring, or on the track is a chance to improve and try something new. Make sure you prepare and plan to compete as best you can given the different conditions. The colder it is outside, the more important your warmup becomes. Wear warm clothes and warmup thoroughly before your events. This will help minimize risk of injury and maximize performance.