

# GENEVA VIKINGS TRACK AND FIELD

## VanDeveer Relays

COMPETING TEAMS: Geneva, Burlington Central, Dundee-Crown (Girls), Larkin, McHenry, Reavis (Boys), Rockford Jefferson, St Charles North, West Chicago.

### EVENT SCHEDULE:

#### **8:00 Team Warmup**

9:15 Field Events Begin

- Boys Shot Put followed by girls Shot Put – 4 Throws
- Girls Discus followed by boys Discus – 4 Throws
- Boys LJ on South runway followed by Boys TJ – 4 Jumps
- Girls LJ on North runway followed by Girls TJ – 4 Jumps
- Boys PV followed by Girls
- Girls HJ followed by Boys

8:45 OPEN Girls' 1600m run

9:00 OPEN Boys' 1600m run

9:15 OPEN Girls' 100m dash, Boys to follow

10:00 – Senior Recognition

**10:30 – Finals for all running events. Girls JV, Boys FS, Girls V, Boys V.**

- 4x800m relay
- 4x100m relay
- MDMR (2, 2, 4, 8)
- Shuttle hurdle Relay – One girls' race and One boys' race
- 4x200m relay
- DMR (12, 4, 8, 16)
- SMR (1, 1, 2, 4)
- Thrower 4x100m relay
- Class 4x400m relay (Fr, So, Jr, Sr)
- 4x400m relay (Girls JV, Boys F/S, Girls V, Boys V)

**Arrive at the track by 7:45 for the TEAM WARMUP at 8:00!!** We will need everybody's help running the meet. Our camp will be the South equipment "SHE" shed. Again, since this is a home meet, you will have to be extra responsible for yourselves. Your coaches will be busy making sure the meet runs smoothly. Those not competing, you will be assigned a designated area to assist, so make sure you are performing your assigned duty. Those who are competing, make sure to also assist with the hurdles. Let's have fun with all the relay events, especially those that are unique to relay meets. This is a great day to show that Geneva is **All for one, and one for all!**