

# GENEVA VIKING TRACK AND FIELD

## BATAVIA & GENEVA Competitive Practice Time Trial

COMPETING TEAMS: Just Batavia and Geneva Boys and Girls

BUS INFO: Bus leaves at 2:00. You will be excused from your 10<sup>th</sup> hour class.

PARKING: Please arrive and park on the Wilson St (North) side of the building. There will be a back door open to the field house.

EVENT SCHEDULE: Girls go before Boys in every event

**Pole Vault to begin at 3:00 – and rest of Field Events Begin at 3:30**

- Long Jump Cafeteria style: 3 jumps. 2 pits
- Triple Jump to follow LJ. 3 jumps as well.
- High Jump: 1 co-ed flight
- Shot Put: 3 Throws
- Pole Vault: co-ed

Running Events Begin 3:30 – Girls first followed by boys

- 55m high hurdles
- 55m dash
- 3200m run
- 400m dash
- 800m run
- 200 dash
- 1600m run
- 4x400m relay

### OTHER MEET INFO:

This meet is at Batavia's 200m Mondo Indoor Track with everything needed for all field events as well. It should be a really nice facility for us to kick off our season. 1/8 inch SPIKES are allowed on the track. If you still have last year's spikes in your shoes, try to get them out tonight. Don't wait until meet morning when you should be getting ready for your race. If you can't get a spike out right away, don't strip it. Bring it to me or another coach, and we'll likely be able to get it out with plyers as long as there's still something to grip onto.

This truly is just a competitive practice where we get a chance to compete with 100% effort in a meet environment. Let's make the most of this opportunity to gain some experience before our first full meet of the season. Seasoned veterans please help the younger and newer athletes get a feel for how to prepare properly for an event. The meet should go quickly as not all running events are being contested.

This meet only serves as a starting point to the season. I know we'll only get faster, stronger, and more technical as we progress in our season, but what I'm looking for is good effort from all of you. Effort and preparedness are key to the first meet of the season. There will be plenty more opportunities this season to continue to build from here.