

## GENEVA VIKING TRACK AND FIELD

Quad at Glenbard North with Lake Park and Wheaton North

Bus leaves at 3:00

COMPETING TEAMS: Geneva, Glenbard North, Lake Park, and Wheaton N.

DIRECTIONS: Take Rte 64 East to County Farm Rd. Turn left and head North on County Farm Rd. Turn Right on Lies Rd and the school is on your right.

### EVENT SCHEDULE:

4:00 (or 30 min after the last team arrives) Field Events Begin

4:30 Running Events Begin

**Running Events will always be in this order, so memorize it!!!**

-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 meet of the year where we begin to rekindle the fire and everyone gets a chance to compete. Let's all take advantage of this opportunity to compete and get some meet experience. I know that this meet is really early in the season, and I'm not expecting perfection.

**But I am expecting focus, preparation, and effort.**

Make sure you know when your event is, when to warmup, give your best effort, and cheer on your friends and teammates. If we do this, then the meet will be a success.

Dress for the weather and be sure to get a really good warmup before your first event. The colder it is, the more important the warmup.

Keep an eye on the how the meet is progressing so you can be ready for your event when it comes up.