

GENEVA VIKING TRACK AND FIELD

Quad at Batavia with St. Charles East and Wheaton North

Bus leaves at 3:00

COMPETING TEAMS: Geneva, Batavia, St. Charles East, and Wheaton N.

DIRECTIONS: Head south to Main St. in Batavia.

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 2nd quad and final quad of the year against our conference competition. The weather will be cooler than last week, but still manageable for some good performances. Let's prepare ourselves to give our best efforts and be sure to warm up well. After enjoying a week in the 70's this weather will seem much colder. A good warmup should help get our muscles ready to go.

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