

GENEVA VIKINGS TRACK AND FIELD

2023 GIRLS' IHSA SECTIONAL @ Meata Valley

COMPETING TEAMS: Geneva, Batavia, DeKalb, East Aurora, Elgin, Larkin, Metea Valley, Naperville Central, Naperville North, South Elgin, St. Charles East, St. Charles North, Waubonsie Valley, West Aurora, West Chicago, and Wheaton Warrenville South.

BUS TIME: Field event bus leaves at **2:45**. You will get out of school at **2:30 during 10th hour**. Running event bus will leave at 3:00

EVENT SCHEDULE:

4:15 Field Events Begin

Pole Vault – 2 flights, best flight first. Starting Height – 2.22m

High Jump – 1 flight – 5 Alive – Starting Height – 1.37m

Long Jump – 2 flights, best flight last – Top 9 to finals.

Triple Jump – 2 flights after completion of LJ – Top 9 to finals

Disc – 2 flights, best flight last – Top 9 to finals.

Shot – Flight 1 will begin during finals of shot – Top 9 to finals

Running events to begin at 6:00 PM

-4x800m relay

-4x100m relay

-3200m run

-100m hurdles

-100m dash

-800m run

-4x200m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-4x400m relay

After such a great regular season, I know we're fired up and ready to take the next step in our championship meets: Sectionals. This is the big time, and we're ready for big performances. This has always been one of the better sectionals in the state, and throughout this season you girls have shown that you belong. You have never backed down from a challenge and have always persevered. If you stay focused and keep that same mindset, I know you will perform to the best of your abilities. Remember to give it your all and leave it all on the track! This is going to be an emotional night one way or another. All we need is someone to break the ice with a great performance to qualify to state to get the positive vibes flowing. You guys get to decide which way the momentum flows. Go out there, cheer on and support your teammates, and make greatness happen.