

## GENEVA VIKING TRACK AND FIELD

Quad at Wheaton North with St. Charles East and Batavia

Bus leaves at 3:30

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

### EVENT SCHEDULE:

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

4:45 Running Events Begin

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

-4x800m relay - None

-4x100m relay

-3200m run - None

-100m hurdles

-100m dash

-800m run

-4x200m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-4x400m relay

This is our 2<sup>nd</sup> quad and final quad of the year against our conference competition. We are coming off the heels of a great Vandy Relays, and let's keep the positivity flowing! Think about what you want to work on your events and use this meet as a chance to do so.

There is rain in the forecast and be prepared for this so you can stay dry and warm. 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.