

# GENEVA VIKINGS TRACK AND FIELD

47<sup>th</sup> Annual Kane County @ St. Charles East

**Bus leaves at 3:30.**

**COMPETING TEAMS:** Geneva, Aurora Central Catholic, Aurora Christian, Batavia, Burlington Central, Dundee-Crown, East Aurora, Elgin, Elgin Academy, Hampshire, Larkin, Kaneland, Rosary, South Elgin, St. Charles East, St. Charles North, St. Edwards, and West Aurora.

## EVENT SCHEDULE:

4:30 Field Events Begin – Three throws/jumps and top 9 to finals

- Discus – 3 flights. Worst to best. Finals to follow.
- Shot Put – Flights 1 to begin during flight 3 of Disc.
- Long jump – 3 flights. Worst to best. Finals to follow.
- Triple jump – To follow LJ in the same manner.
- Pole Vault – 1 flight. 7' Starting Height
- High Jump – 1 flight. 4'6" Starting Height

5:30 Running Events – **Remember to WARM-UP thoroughly before your events! This is extremely important for top performances.**

- 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 always one of my favorite meets of the year as it has a lot of history and contains all the local teams which makes it unique. We've had a meet this past Tuesday to hone our skills, and now we're primed and ready to compete at a high level. The combination of good competition, good training all year, and the excitement of an evening meet all lead to good performances. Remember when things get nerve-wracking or difficult, that you are well prepared and ready for this! **TRUST** your body, **TRUST** your training, and **TRUST** yourself. Be **CONFIDENT!** Be **AGGRESSIVE!** Let's go out there and compete hard, break some PR's, earn some top places, and cheer on your teammates!

Traditionally, we have done very well at this meet, and I'm looking for that trend to continue. But this does not just fall into place, you have to make it happen. So be prepared physically and mentally to compete with the best.

It will also be a little chilly on Thursday, especially when the sun begins to drop, so plan to warmup well, dress for the weather, and keep your warm clothes on as long as possible.