

GENEVA VIKING TRACK AND FIELD

DuKane Conference Championships @ Lake Park

Bus leaves at 3:00.

COMPETING TEAMS: Geneva, Batavia, Glenbard North, Lake Park, St. Charles East, St. Charles North, Wheaton North, and Wheaton Warrenville South.

Parking – At Jubilee Bible Church

Entry Fee - \$7 and \$3 cash or gofan website

EVENT SCHEDULE:

4:30 Field Events Begin

- VAR Discus throws first – (3 throws – top 9 to finals) – weigh in at the shot ring. Lesser flight first followed by better flight, then finals.
- JV Shot Put throws first – (3 throws – top 9 to finals) – weigh in at the shot ring. Lesser flight first followed by better flights, then finals.
- VAR Long Jump first – (3 jumps – top 9 to finals)
- JV Triple Jump first – (3 jumps – top 9 to finals)
- VAR Pole Vault first, JV to follow – **WILL WEIGH IN** at the track garage.
 - Var Starting Height – 2.37m JV Starting Height – 1.92m
- VAR High Jump first, JV to follow
 - Var Starting Height – 1.37m JV Starting height – 1.27m

Running events will begin at 6:00pm

6:00 - Finals – **JV Then Varsity**

- 4x800m relay
- 4x100m relay
- 3200m run
- 100m hurdles
- 100m dash
- 800m run
- 4x200m relay
- 400m dash
- 300m hurdles
- 1600m run
- 200m dash
- 4x400m relay

CONFERENCE IS HERE! This is the culmination of our season. Think about where this year has begun, where we are now, and where we want to be. This is a very competitive conference, but I know you are all ready to rise to the occasion. You are a team of hard-working athletes who take great pride in your events and in the program. I'm so proud of how hard you have worked all season and what you have accomplished. Every PR or season best is because of your effort and dedication to the sport and event. Let's go out there and whatever it is you want, **GO GET IT!** **YOU ARE STRONG! YOU ARE READY!**