

# GENEVA VIKINGS TRACK AND FIELD

2024 GIRLS' IHSA SECTIONAL @ Hoffman Estates

**COMPETING TEAMS:** Geneva, Bartlett, Burlington Central, Conant, Elgin, Elk Grove, Hoffman Estates, Kaneland, Maine South, Maine West, Rolling Meadows, Schaumburg, South Elgin, St. Charles East, St. Charles North, and Streamwood.

**BUS TIME:** Bus leaves at **2:30**. You will get out of school at **2:15 during 10<sup>th</sup> hour**.

**DIRECTIONS:** Take Rte 59 north to Rte 58 (Golf Rd). Head east on Rte 58. Turn Left on Gannon Dr, and then Left on Higgins Rd. The HS is on the North Side of Higgins Rd.

**TICKETS:** \$7 Through GoFan \$8 at the gate.

## EVENT SCHEDULE:

### **4:30 Field Events Begin**

Pole Vault – 2 flights. Best vaulters first.

High Jump – 2 flights. Best jumpers first.

Long Jump – Flight 1 followed by flight 2, flight 3 (best flight), and then top 9 to finals.

Triple Jump – after completion of LJ – top 9 to finals

Disc – Flight 1 followed by flight 2, flight 3 (best flight), and then top 9 to finals.

Shot – Flight 1 will begin during finals of disc – top 9 to finals

### **Running events to begin at 6:00 PM**

-4x800m relay – Green to Green

-4x100m relay – Yellow to Yellow. Updated exchange zones. No little triangle.

-3200m run

-100m hurdles

-100m dash

-800m run

-4x200m relay – Black to Black, then Yellow to Yellow. No little triangle.

-400m dash

-300m hurdles

-1600m run

-200m dash

-4x400m relay – Blue to Blue, then Green to Green

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. Throughout this season you girls have shown that you are competitive at big meets, and this is no different. 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! Let's go out there and make great things happen!