

**GENEVA VIKINGS TRACK AND FIELD**  
**2024 GIRLS IHSA STATE @ EASTERN ILLINOIS UNIVERSITY**

**COMPETING TEAMS:** Every team in state!

**TIME SCHEDULE:**

Sheets to be attached later.

**Thursday**

Leave GHS Thursday, May 16<sup>th</sup> at 8:30 am

Arrive at EIU approx. 12:30 pm

Packet pickup and residency check-in

Light workout on track 3:00 pm or as early as we can get on the track

Dinner 6:00 pm

**Friday**

Breakfast at EIU dining hall 8:30 am

See attached sheets for State Track Schedule. Please refer to IHSA.org for more details.

Dinner 6:30 pm

**Saturday**

Breakfast at EIU dining hall 8:00 am

Checkout of room

See attached sheets for State Track Schedule. Please refer to IHSA.org for more details.

Leave EIU approx 2-4 pm depending on qualifiers and how much we want to watch.

Return to GHS approx 6-8 pm depending on when we leave.

**DIRECTIONS:**

Take I-88 East to 355 S towards Joliet. Take 355 to I-80 East towards Indiana. Take exit 151A to I-57 South towards Memphis. Take exit 190A to IL-16 towards Charleston.

**Alternate Route**

Take Rte. 47 South to Rte. 74. Take Rte. 74 East to Rte. 57. Take Rte. 57 South to Rte. 16. Take Rte. 16 East to Exit 190A in Charleston to University.

**WHAT TO BRING:**

1 track bag w/ warm-ups, jersey, spikes, and other track necessities

1 clothes bag with workout clothes (3 days' worth) and nice/casual clothes for dinner (2 days' worth).

Toiletries and bed linens, blankets or sleeping bag, and pillow.

Extra \$, snacks, anything else

**DON'T OVER PACK!!!**

**IMPORTANT REMINDERS:**

All athletes will receive some money for the meals for the weekend.

**MORE INFORMATION:**

You will be staying in dorms, and you will need to provide all other comforts usually provided by a hotel.

**CONTACT INFORMATION:**

Coach Raak Cell – 847-471-0514

Coach Kortenhoeven Cell – 331-223-1488

**“The rewards are going to come, but my happiness is just loving the sport and having fun performing.”**

**- Jackie Joyner Kersee**

**Track and Field Legend from IL**

Congratulations, you have made it to state, and making it to state is an amazing accomplishment in itself, but don't just stop there. Now that you have earned this trip to EIU, make the most of it. Take in all the state meet has to offer, but also know that you belong. Believe in yourself and what you are about to accomplish. Don't be satisfied with just qualifying for state, and don't limit your progress before the competition begins. Know that you can compete with the best athletes in the state, because you are some of the best athletes in the state.

You are strong!

You are powerful!

You are amazing!