

# GENEVA VIKINGS TRACK AND FIELD

Burlington Central

**COMPETING TEAMS:** Bartlett, Geneva, Harvest Christian, Jacobs, St. Charles North, IMSA, and Burlington Central

**BUS TIME:** Bus leaves GHS at 3:00

**Admission:** \$6 adults \$4 students \$3 Senior citizens. No cash at the door. You must pay through this link. <https://gofan.co/app/school/IL15435>

**DIRECTIONS:** Take Rte 64 West to Burlington Rd. Turn Right on Burlington Rd and take this for some time to Plato Rd. Turn Right on Plato Rd. Burlington Central High School will be on the right.

## EVENT SCHEDULE:

Field Events Begin at asap or 4:30 at the latest.

- Long Jump – 3 jumps
- Triple Jump – 3 jumps
- High Jump – Roll call, 5 alive
- Shot Put – 4 throws
- Pole Vault – One flight

Running Events Begin at 5:15

- 4x800m relay
- \*\*-.4x200m relay\*\*
- 3200m run
- 60m hurdles
- 60m dash
- 800m run
- 400m dash
- 1600m run
- 200m dash
- 4x400m relay

Girls, the indoor season is in full swing, and we are ready for another meet. This is a great opportunity for us at this point in the season, another great facility, and some new competition as well. You will need to put the shoes on and take them off when you enter/leave the track. They are also asking to keep all our gear in the gym and only water in the field house.

This is an excellent opportunity to continue to show progress against a few other teams. This is also our final unlimited entry meet, and it will be important to make the most of your opportunity to compete and do your best. Continue to prepare well for your event, focus your energy, compete hard, and cheer on your teammates. I've been impressed with the team spirit and positive energy so far this season, keep that up!