

GENEVA VIKING TRACK AND FIELD

BATAVIA Pete Heimsath Invitational INFORMATION

COMPETING TEAMS: Batavia, Glenbard East, Hoffman Estates, Kaneland, Lake Park, Metea Valley, Oswego East, and Geneva

ADMISSION FEE - \$5 for adults \$3 for students

BUS INFO: Bus leaves at 7:30. **Plan to arrive at 7:20 to get loaded up with everything.**

DIRECTIONS: Randall Rd. South to Main St. Turn Left on Main St. to the high school

EVENT SCHEDULE:

Field Events Begin at 9:00

-Long Jump: There will be 2 flights. Best flight will go **last**. Top 9 to finals immediately.

-Triple Jump: There will be 2 flights. Best flight will go **first**. Top 9 to finals after LJ.

-High Jump: There will be 2 flights. Best flight goes **first**.

-Shot Put: There will be 4 flights 3 throws. The best flight will go **last**. Top 9 to finals.

-Pole Vault: There will be 2 flights. The best flight will vault **first**.

Running Events Begin at 9:30 *Times are estimates based on how fast the meet runs**

***9:30 - 4x800m relay

10:00 - 3200m run

10:18 - 55m hurdles

10:33 - 55m dash

10:45 - 800m run

11:05 - 4x200 relay

11:20 - 400m dash

11:38 - 1600m run

12:00 – Throwers Relay

12:25 – 200m dash

12:30 - 4x400m relay

OTHER MEET INFO:

At this point, we are 1 month into the season, and things have progressed very well. We should have a decent base of fitness, training, and experience from other practices and meets already this season. This is our first invitational, and we now need to start putting things together and compete at a high level. Batavia's facility along with the teams we are competing with should also provide an excellent opportunity for improvement and success. We have worked hard and trained well so far this season and been diligent with our training in practices and have showed some good support of teammates in previous meets. This is our first invitational and time for us to show that we are **RELENTLESS!**

Leave It All On The Track!