

# GENEVA VIKINGS TRACK AND FIELD

Dual @ Batavia

Bus leaves at 3:00 so be ready to go right after school.

COMPETING TEAMS: Geneva vs. Batavia

DIRECTIONS: Randall Rd south to Main St. Turn Left of Main St. to Batavia HS

EVENT SCHEDULE:

4:15 Field Events Begin

4:30 Running Events Begin

**Running Events will always be in this order, so memorize it!!!**

-4x800m relay

-4x100m relay

-3200m run

-100m hurdles

-100m dash

-800m run

-4x200m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-4x400m relay

**This is our first Tuesday meet of the year where everyone gets a chance to compete. These are important meets where we get to perform and perfect our events as we prepare for weekend invitationals. These meets also give coaches an insight into who has been competing well and earned a spot for the weekend.**

**Being a dual against Batavia, we should be extra motivated to compete against them!**

**Given the typical colder weather, be sure to warmup extremely well for your events. The colder it is, the more important this is. Warm muscles perform better than cold muscles.**

**The events should go by pretty quickly, so prepare to be busy all meet.**