

# GENEVA VIKINGS TRACK AND FIELD

VanDeveer Invite

COMPETING TEAMS: Geneva, Aurora Central Catholic, Burlington Central, East Kentwood, Kaneland, Plainfield Central, Plainfield East, St. Charles North, and West Chicago.

## EVENT SCHEDULE:

### **8:00 Team Warmup**

9:15 Field Events Begin

- Boys Shot Put followed by girls Shot Put – 4 Throws
- Girls Discus followed by boys Discus – 4 Throws
- Boys LJ on North runway followed by Boys TJ – 4 Jumps – Closes at 10:45
- Girls LJ on South runway followed by Girls TJ – 4 Jumps – Closes at 10:45
- Boys PV followed by Girls
- Girls HJ followed by Boys

8:45 OPEN Girls' 1600m run

9:00 OPEN Boys' 1600m run

9:15 OPEN Girls' 100m dash, Boys to follow

### **10:30 – Finals for all running events. Girls precede boys.**

- 4x800m relay – FS and Varsity girls will run combined, as will the boys
- 4x100m relay – FS then Varsity
- 3200m run
- 100m hurdles
- 100m dash
- 800m run
- 4x200m relay – FS then Varsity
- 400m dash
- 300m hurdles
- 1600m run
- 200m dash
- 4x400m relay – FS then Varsity
- Thrower 4x100m relay

**Arrive at the track by 7:50 for the TEAM WARMUP at 8:00!!** We will need everybody's help running the meet. Our camp will be the South equipment "SHE" shed. Again, since this is a home meet, you will have to be extra responsible for yourselves. Your coaches will be busy making sure the meet runs smoothly. Those not competing, you will be assigned a designated area to assist, so make sure you are performing your assigned duty. Those who are competing, make sure to also assist with the hurdles.

Let's have fun with all the relay events, especially those that are unique to relay meets. This is a great day to show that Geneva is **Leave it ALL on the Track!**