

GENEVA VIKINGS TRACK AND FIELD

Sue Pariseau Invitational @ Glenbard West

COMPETING TEAMS: Geneva, Barrington, Bloom, Glenbard West, Lake Zurich, Lane Tech, Lincoln Way East, Naperville North, New Trier, Oak Park River Forest, Proviso East, Proviso West, Wheaton Academy, Wheaton North, Whitney Young, and Willowbrook.

DIRECTIONS: Take Rte. 38 east to Park Blvd in Glen Ellyn. Then turn North (Left) on Park, cross the RR tracks to Crescent. Then turn East (Right) to the school. 670 Crescent Blvd.

BUS TIME: Bus leaves at 7:15, be here by **7:05**

EVENT SCHEDULE:

9:00 Prelims & Finals for Shot/Disc – 4 Jumps for LJ & TJ

High Jump – Varsity followed by F/S – 4'6" and 4'4" Starting heights

Long Jump – VAR and F/S at same time (different pits) – 75min to get 4 jumps

Pole Vault – Varsity followed by F/S – 7'6" and 6'6" Starting heights

Discus – Varsity 3 throws + top 8 to finals. F/S 4 throws

Shot – F/S first 4 throws. Varsity to follow 3 throws + top 8 to finals

10:15 Triple Jump run-throughs – F/S and Varsity at the same time (different pits).

10:45 Triple Jump will also have 75 minutes to complete all 4 jumps.

10:00 Slow heat of Var 3200m run (if needed depending on numbers)

10:20 National Anthem

10:30 Finals Begin F/S followed by Varsity

-4x800m relay

-4x100m relay

-3200m run (F/S then Varsity FAST HEAT)

-100m hurdles

-100m dash

-800m run

-4x200m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-4x400m relay

There is some excellent competition here to compete against on all levels in all events. This will be a great test for us, with some warm weather for the first time all season. The combination of stellar competition plus good weather provides a fantastic chance to attain some PR's. The level of competition will bring out the best in all of you. You have all been working so hard this season, and Saturday will be a great day for all that hard work to pay off. I want you to go into this meet with great focus and to visualize beforehand how your event will proceed. Then, go out, put yourself in a good position, and let your body do what it does best. Don't hold anything back!