## **GENEVA VIKING TRACK AND FIELD**

Triangular with St. Charles North and Lake Park

Last weekday meet and senior recognition at HOME!!!

## EVENT SCHEDULE:

Arrive at the track no later than 3:15 to check in and be ready to help

- \*\*Senior Recognition at 4:15\*\* 4:30 Field Events Begin
  - 4:45 Running Events Begin

## Running Events are in this order.

-4x800m relay -4x100m relay -3200m run - 10 min break -100m hurdles -100m dash -800m run -4x200m relay -400m dash -300m hurdles -1600m run -200m dash -4x400m relay

## TRACK & FIELD

This is our final weekday meet of the season, at home, and a special night for the seniors. Let's make the most of this opportunity to compete one last time during the week before moving on to some big end of the season meets. You all have done a fantastic job all season stepping up, giving your all, and supporting your teammates. Let's finish off this aspect of the season strong and enjoy the experience.

I'm proud of how far you all have come and what you have accomplished so far this season. Let's keep the momentum going and put the icing on the cake today!