

GENEVA VIKINGS TRACK AND FIELD

5 Team Open @ Batavia

One Bus leaves at 3:00 (Field Events and hurdlers) and the other at 3:30.

COMPETING TEAMS: Geneva, Batavia, Naperville North, Neuqua Valley and Benet Academy

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

EVENT SCHEDULE:

4:30 Field Events Begin

PV – 1 flight – Indoors

HJ – 1 flight

Disc – Flights 4 (better flight), 3, 2, 1

Shot – Flights 1, 2, 3, 4 (better flight)

LJ – Flights 3 (better flight), 2, 1

TJ – Flight 1 and 2

4:30 Running Events Begin

Running Events – **Abnormal order**

-100m hurdles – 4 heats

-100m dash – 17 heats!!!

-4x8 Relay – 1 heat

-4x1 Relay – 2 heats

-800m run – 4 heats

-4x200m relay – 2 heats

-400m dash – 5 heats

-300m hurdles – 3 heats

-1600m run – 2 heats

-200m dash – 17 heats

-4x400m relay – 2 heats

This is our first weekday 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.

With 5 quality teams, this should be a very competitive midweek meet. It's an exciting way to start the outdoor portion of the season.

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, but with a lot of teams, it will take some time. Prepare accordingly.