

## GENEVA VIKING TRACK AND FIELD

Dual with Glenbard North  
Be out at the track by 3:15

COMPETING TEAMS: Geneva vs. Glenbard North

DIRECTIONS: HERE!!!

EVENT SCHEDULE:

4:30 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 meet of the year where we begin to rekindle the fire and everyone gets a chance to compete. Let's all take advantage of this opportunity to compete and get some meet experience. I know that this meet is really early in the season, and I'm not expecting perfection.

**But I am expecting focus, preparation, and effort.**

This is simply the starting point of the season for us, and the first step to getting better at our events. The nice thing about track and field is that we can compare our times, heights, and distances as the season progresses and see our improvement.

Make sure you know when your event is, when to warmup, give your best effort, and cheer on your friends and teammates.

If we do this, then the meet will be a success.