

# GENEVA VIKINGS TRACK AND FIELD

Dual with WWS

Bus leaves at 3:00. Plan to arrive 10-15 minutes early.

COMPETING TEAMS: Geneva vs. WWS

DIRECTIONS: Take 38 East to Winfield Rd. Take Winfield Rd South to Rte 56. Take Rte 56 East to Wiesbrook Rd and turn left, north. WWS will be soon on your left.

## EVENT SCHEDULE:

4:30 Field Events Begin

-Shot Put followed by Discus – 3 or 4 throws

-Long Jump followed by Triple – 3 or 4 jumps – 30 min time limit

4:30 Running Events Begin

## Order of events

- 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 second weekday dual and we need to make the most of the opportunity and do our best. This is another opportunity to put to the test in a meet environment all we have worked on in practice. Every chance we have to get into a pit, ring, or on the track is a chance to improve and try something new. Make sure you prepare and plan to compete as best you can given the different conditions. Wear warm clothes and warmup thoroughly before your events.