

GENEVA VIKING TRACK AND FIELD

Invitational @ Burlington Central

COMPETING TEAMS: Geneva, Batavia, Burlington Central, Harlem, Kaneland, Crystal Lake Prairie Ridge, St. Charles North, and West Aurora

DIRECTIONS: Take Rte 64 West to Burlington Rd. Turn Right on Burlington Rd and take this for some time to Plato Rd. Turn Right on Plato Rd. Burlington Central High School will be on the right.

BUS TIME : Bus leaves at 2:45, be here around 2:35 to check in.

EVENT SCHEDULE:

4:15 Field Events Begin

Four jumps/throws – no finals

Long Jump – Flight 1 followed by flight 2

Triple Jump – Flight 2 followed by flight 1

Discus – Flight 1 followed by flight 2

Shot Put – Flight 2 followed by flight 1

5:00 Running Events Begin

-4x800m relay

-4x100m relay

-3200m run

-100m hurdles

-100m dash

-800m run

-4x200m relay

-400m dash

-300m hurdles

-1600m run

-200m dash

-4x400m relay

We had a nice meet yesterday at St. Charles East that hopefully got us back on track for a good invitational this Friday. But now, we need to up our level of competition. Friday night meets are always fun to compete under the lights, and the extra competitors should help bring the best out of us.

It will be a little cooler Friday, so plan accordingly and be sure to get a really good warmup in before your first event.

Good performances don't happen by accident, they are produced through good practices, preparation, and mindset.