

Sheldon High School
Time Schedule-March 21, 2018

Field Events-Time 3:00

Shot Put:	Varsity Girls, JV Girls, Varsity Boys, JV Boys
Discus:	Varsity Boys, Varsity Girls, JV Boys, JV Girls
Javelin:	JV Boys, JV Girls, Varsity Girls, Varsity Boys
Pole Vault:	Girls than Boys
High Jump:	V & JV Girls then V & JV Boys
Long Jump:	Varsity Boys, Varsity Girls,
Long Jump	JV Boys, JV Girls-(Different pit_
Triple Jump	Following Long Jump: same order

Running Events: Girls/Boys: 4:00 (rolling)-times are approximate

Girls 4 x 100 Relay-1 heat

Boys 4 x 100 Relay-1 heat

Girls 1500 Meter Run 4:10

Boys 1500 Meter Run 4:15

Girls 100 Meter Dash 4:20

Boys 100 Meter Dash 4:30

Girls 400 Meter Run 4:50

Boys 400 Meter Run 4:55

Girls 100 Meter Hurdles 5:05

Boys 110 Meter Hurdles 5:15

Girls 800 Meter Run 5:30

Boys 800 Meter Run 5:35

Girls 200 Meter Dash 5:50

Boys 200 Meter Dash 6:00

Girls 300 Intermediate Hurdles 6:15

Boys 300 Intermediate Hurdles 6:25

Girls & Boys 3000 Meter Run 6:35

Girls Mile Relay 6:50

Boys Mile Relay 7:00