

Sheldon High School Home Meet Time Schedule

Field Events-Time 3:30

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

- ✓ (4) to finals in Varsity events
- ✓ JV athletes will receive 4 throws/jumps

Running Events: Girls/Boys-Rolling Schedule

- 4:15 Girls 4 x 100 Relay
- 4:20 Boys 4 x 100 Relay
- 4:25 Girls 1500 Meter Run
- 4:35 Boys 1500 Meter Run
- 4:45 Girls 100 Meter Dash
- 4:55 Boys 100 Meter Dash
- 5:05 Girls 400 Meter Run
- 5:15 Boys 400 Meter Run
- 5:30 Girls 100 Meter Hurdles
- 5:35 Boys 110 Meter Hurdles
- 5:45 Girls 800 Meter Run
- 5:55 Boys 800 Meter Run
- 6:05 Girls 200 Meter Dash
- 6:15 Boys 200 Meter Dash
- 6:25 Girls 300 Intermediate Hurdles
- 6:30 Boys 300 Intermediate Hurdles
- 6:35 3000 Meter Run/Coed
- 6:40 Girls Mile Relay
- 6:45 Boys Mile Relay