

SHELDON TRACK & FIELD

ORDER OF EVENTS

Running events: Girls/Boys

4 X 100 RELAY
1500 METERS
100 METERS
400 METERS
100/110 METERS
800 METERS
200 METERS
300 INTERMEDIATE HURDLES
3000 METERS
4 X 400 METER RELAY

FIELD EVENTS

Long Jump, Triple Jump, High Jump, Pole Vault,
Shot Put, Discus & Javelin