

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, 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, 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: 4:15 (rolling)

Girls 4 x 100 Relay

Boys 4 x 100 Relay

Girls 1500 Meter Run

Boys 1500 Meter Run

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 400 Meter Run

Boys 400 Meter Run

Girls 100 Meter Hurdles

Boys 110 Meter Hurdles

Girls 800 Meter Run

Boys 800 Meter Run

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls 300 Intermediate Hurdles

Boys 300 Intermediate Hurdles

Girls & Boys 3000 Meter Run

Girls Mile Relay

Boys Mile Relay