

**Sheldon High School**  
**Time Schedule-April 25, 2018**

**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 Girls, Varsity Boys

**Pole Vault:** Girls/Boys

**High Jump:** V & JV Girls then V & JV Boys

**Long Jump:** Varsity Boys, Varsity Girls,

**Long Jump** JV Boys, JV Girls (possible 2<sup>nd</sup> pit) \_

**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**