

Ways to stay connected to the Sheldon Track & Field

- **All athletes should sign up for the “Remind Me” text app**

Send a text to 81010

Text this message: @sheldontr

- Follow the team on Instagram: @sheldontfxc
- Like us on facebook: @Sheldontf
- Twitter: @sheldonTFXC
- Website: www.sheldontfxc.org
- Meet schedule & results: www.athletic.net