

Ways to stay connected to the Sheldon T & F team:

Athletes should sign up for the "Remind me" text application:

9th: text 81010 & message @shs9track

10th: text 81010 & message @shs10track

11th: text 81010 & message @shs11track

12th: text 81010 & message @shs12track

Parents: text 81010 & message @shs24track

Follow us on Instagram: @sheldontfxc

Like us on Facebook: Sheldon Track & Field

Website: www.sheldontfxc.org

Meet schedule & results: www.athletic.net

<https://www.athletic.net/team/246/track-and-field-outdoor/2024>