

Sheldon High School Distance Carnival

Friday, April 30th

On Friday, April 30, 2010, Sheldon High School will be hosting the inaugural **Sheldon High School Distance Carnival**. The meet will be held under the lights, on our brand new Mondo All-Weather track. The first event will start at 5:00pm, rain or shine.

The purpose of the meet is to give runners of all skill levels the opportunity to compete. Therefore, we will have four(4) athlete divisions: Frosh/Soph Girls, Frosh/Soph Boys, Varsity Girls and Varsity Boys. There will be unlimited entries in each division.

There will be restrooms, but no locker rooms available, so athletes should come to the meet dressed to compete.

There will be plenty of free parking.

The meet will have a snack bar.

We hope to provide music.

\$2 General admission, children 10 & younger are free

Entry fee of \$135 per team (\$40 per division), or \$8 per individual. Please make checks payable to Sheldon High School Track & Field. The checks may be mailed or hand delivered on the day of the meet. Checks can be mailed to: Sheldon High School, 8333 Kingsbridge Drive, Sacramento, CA 95829, c/o Glenn Rogers

Please enter your “intent to participate” on Athletic.net, and email the following information to xccoachrogers@aol.com to confirm your entry:

1. School name
2. Coaches name
3. Contact phone number or email
4. Which divisions you'll participate.

There will be no pre-entry required for individuals or relay teams prior to the meet.

Spikes of ¼” or smaller are required on the Mondo track. Race tags will be provided for each runner in the individual races, and for the anchor leg on relays. Each race tag must indicate the athletes name & school. Athletes must check in with the clerk, located on the track, prior to their event. Warm-ups will be allowed on the infield.

Awards: Medals to the “top 5” finishers in the individual races, and “top 3” teams in the relays. If more than 1 heat is necessary, times will be combined to determine the medal winners. Otherwise, medals will be distributed at the completion of each race.

The meet will be run on a flexible time schedule. However, to keep the meet running smoothly, it could become necessary to combine some races or relays. An announcement will be made prior to the event if that should occur.

All races will be hand-timed, and results will be posted at the meet.

Order of events(this is a flexible time schedule):

5:00 FSG 1600
5:10 FSB 1600
5:20 VG 1600
5:30 VB 1600
5:45 FSG Distance Medley (1200, 400, 800, 1600)
6:05 FSB Distance Medley (1200, 400, 800, 1600)
6:25 VG Distance Medley (1200, 400, 800, 1600)
6:45 VB Distance Medley (1200, 400, 800, 1600)
7:05 FSG 800m
7:15 FSB 800m
7:25 VG 800m
7:35 VB 800m
7:45 FSG 3200m
8:05 FSB 3200m
8:25 VG 3200m
8:45 VB 3200m
9:05 FSG 4x800
9:20 FSB 4x800
9:35 VG 4x800
9:50 VB 4x800