

GLENN ROGERS-SHELDON DISTANCE CARNIVAL**

When: April 21, 2023

Where: Sheldon High School

We welcome Teams or Individuals (of all skill levels). All 4 High School Divisions, Unlimited Entries, Lots of Awards!!

The Sheldon Distance Carnival has a fast track that has produced lots of PR's. since this is one of the last opportunities for athletes to earn awards this season, we're again going to be generous with awards. We want our Distance Carnival to be an enjoyable experience for your athletes to remember.

The 12th annual Sheldon Distance Carnival will be held under the lights on our newly resurfaced Mondo All-Weather track. The first Middle School event will start at 4:00 p.m. and the first High School event will start at 4:30 p.m., rain or shine.

The Frosh-Soph Girls, Frosh-Soph Boys, Varsity Girls and Varsity Boys, will have unlimited entries in each division for the 800m, 1600m, and 3200m.

The 4x800m and Distance Medley Relays will be run in 3 divisions; Frosh-Soph Boys, Varsity Girls and Varsity Boys, with unlimited entries in each division. Athletes competing in the Frosh-Soph individual races will be allowed to compete on Relays in the Varsity division.

Middle School events will be the 800m and 1600m with unlimited entries.

LOTS OF AWARDS!!! 2.5" Medals

Medals to the 'top 5' finishers in ALL heats

Medals to the 'top 3' teams in all relays.

Middle School: Medals the 'top 5' finishers in ALL heats.

We will again, provide music, and have a snack bar. Unique Distance Carnival T-shirts (long sleeve & short sleeve) can be purchased at the snack bar.

There will be plenty of free parking close to the stadium.

There will be restrooms, but no locker room so, athletes should come dressed to compete.

\$4 General Admission, Children 10 & under are free.

High School entry fee is:

- \$8 per individual competing in one (1) event
- \$11 per individual competing in two (2) events
- \$13 per individual competing in three (3) or more events

Middle School entry fee:

- \$5 per individual competing in one (1) event
- \$7 per individual competing in two (2) events

Please make checks payable to: Sheldon High School Cross-Country. The entry fee can be hand-delivered on the day of the meet, or mailed early to:

Sheldon High School
8333 Kingsbridge Drive
Sacramento, CA 95829
c/o Sheldon Cross Country

Meet Location:

Sheldon High School is located in South Sacramento. From CA-99 in South Sacramento, exit East on Calvine Road (exit 289). Go approximately 3.4 miles. Turn left at Kingsbridge Drive. We're on the corner of Calvine Road and Kingsbridge Drive. There is also a second, large parking lot at the stoplight on Kingsbridge, just north of the school, which is about a 2-3 minute walk to the stadium.

High Schools

Please enter your 'intent to participate' Athletic.net.

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

Athletes will be seeded at the meet.

Spikes must be ¼ inch or small to compete on the Mondo track. We will have ¼ inch pyramid spikes for sale at the snack bar (6 for \$1). Athletes will also be allowed to compete in training shoes or racing flats.

Meet results will be posted at the meet and on athletic.net