

GLENN ROGERS-SHELDON DISTANCE CARNIVAL**

Friday, April 22nd @ Sheldon H.S.

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 11th 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 3:00 p.m. and the first High School event will start at 3:30 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 or more in ALL heats

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

Middle School: Medals the 'top 5' finishers or more 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 \$150 per team (\$40 per division), or \$8 per athlete

Middle School entry fee is \$40 maximum per school, or \$4 per athlete.

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

Schedule of Events:

Meet Records:

4:00 – 1600m Middle School Girls Isabella Fauria, Sacramento Elites 5:02.67 (2016)

4:15 – 1600m Middle School 8th Grade Boys Kellen Steplight, Thunder Hawks
4:30.76 (2018)

1600m Middle School 7th Grade Boys Jason Gomez, Oak Hill Racing 4:43.53 (2013)

4:30 – 1600m F/S Girls Julia Heckey (9), McClatchy 5:17.40 (2018)
1600m F/S Boys Luis Grijalva (9), Armijo 4:37.60 (2014)

5:30 – 1600m VG Haley Boynton (11), Lodi 5:16.21 (2015)
1600m VB Ross Walker (12) Del Campo 4:28.44 (2015)

6:26 – Distance Medley Relay F/S Boys Franklin (EG), 11:01.23 (2015)
(1200-400-800-1600)
Distance Medley Relay VG Del Oro 12:50.54 (2016)
(1200-400-800-1600)
Distance Medley Relay VB Lincoln (S) 10:52.31
(1200-400-800-1600)

7:13 – 800m Middle School Girls Kara Smith, Pacific Racers 2:18.88 (2014)
800m Middle School 8th Grade Boys Kellen Steplight, Thunder Hawks 2:01.27
(2018)
800m 7th Grade Boys John Hagerman, McSwain 2:18.31 (2013)

7:30 – 800m F/S Girls Ciara Colon (10), Merced 2:25.86 (2016)

7:44 – 800m F/S Boys John Hagerman (10), Merced 2:00.59

8:01 – 800m VG Sarah O’Sullivan (12), Damonte Ranch 2:22.09 (2014)

8:15 – 800m VB Braeden Kraft (12), Del Campo 1:57.85 (2016)

8:32 – 3200m F/S Girls Cynthia Rosales (9), Piner 12:10.00 (2016)
8:48 – 3200m F/S Boys Jonny Vargas (10), Piner 9:57.48 (2016)

9:02 – 3200m F/S Boys & Varsity Boys who have never broken 11:10

9:18 – 3200m VG Kathryn Loken (9), Del Campo 11:25.52 (2014)

9:35 – 3200m VB Drew Childs, (10), Bella Vista 9:43.66 (2013)

9:50 – 4 x 800m F/S Boys Bella Vista 8:39.50 (2016)

10:02 – 4 x 800m VG Merced 10:02.72 (2017)

10:15 – 4 x 800m VB Del Oro 8:20.15 (2016)