

Glenn Rogers Distance Carnival

When: April 24, 2026

Where: Sheldon High School

**Divisions:** All 4 High School Divisions, Unlimited Entries, Lots of Awards!!

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.

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

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.

**T-Shirts:** Unique Distance Carnival T-shirts can be purchased.

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

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

**Admission:** \$7 General Admission, Children 10 & under are free.

**High School entry fee:**

- \$9 per individual competing in one (1) event
- \$12 per individual competing in two (2) events
- \$14 per individual competing in three (3) or more events

**Middle School entry fee:**

- \$6 per individual competing in one (1) event
- \$8 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