



# Frankfort High School

## Athletic Department

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Frankfort, Indiana 46041-2825



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Hot Dog Athletics  
"Commitment to Excellence"

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### Hot Dog Track Invitational

Saturday, April 20, 2024 **11:00am**

Frankfort, Cascade, Clinton Prairie, Fountain Central, Logansport, Oak Hill, Park Tudor

Fee: \$75.00 per team (\$150.00 Total). Please send by April 18.

**Entries are to be submitted on Direct Athletics. Please enter your entire roster. If you need to make changes the day of the meet, they will need to be on the roster. So whether they are entered, or not, initially, the athletes must be on the team roster.**

**Roster and Emergency Form Due April 17th\*\*\***

Each school may enter 2 runners in each event and 3 participants in each field event. In the field events, each participant will have 4 throws/jumps. FAS timing will be used for all running events, by Photo Finish Timing. In the 100, 200, 400 meter runs & 110 and 300 meter hurdles, there will be two heats (NO FINALS).

Scoring: (7 Teams) 10 - 8 - 6 - 4 - 2 - 1

Girls Relays: 10 - 8 - 6 - 4 - 2 - 1 (7 Teams)

Boys Relays: 10 - 8 - 6 - 4 - 2 - 1 (7 Teams)

Awards: Trophy to the winning team and ribbons for place winners. **Medals to individual champions.**

Boys' high jump will begin at 5' and move 2" to 6' and 1" thereafter.

Girls' high jump will begin at 4' and move 2" to 5' and 1" thereafter.

Boys' Pole Vault will begin at 8' and move 6" to 12' and 3" thereafter.

Girls' Pole Vault will begin at 6' and move 6" to 9' and 3" thereafter.

Shot put, discus and long jump will be run in 3 flights with #3 athletes in the first flight, and #2 athletes in the second flight and #1 athletes in the third flight.

High Jump and Pole Vault will be run with an active flight of 4.

Staging Area: Athletes must report to the clerk in the staging area located inside the track.

**Athletes not reporting by the second call, will be scratched.**

### TIME SCHEDULE

#### SAGAMORE CONFERENCE

Crawfordsville Athenians	Danville Warriors	Frankfort Hot Dogs	Lebanon Tigers	North Montgomery Chargers	Southmont Mounties	Tri-West Bruins	Western Boone Stars
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## TIME SCHEDULE

10:15 – 10:40 Check in and scratches / substitutions in the storage shed at the North end of the Track.

10:50	1 <sup>st</sup> call all field events	<u>Girls'</u> shot, high jump and pole vault will be first <u>Boys'</u> long jump and discus will be first
10:55	2 <sup>nd</sup> call all field events	1:30 Girls' 400 meter dash – 2 races (Timed Finals)
11:00	3 <sup>rd</sup> and final call, all field events should begin	Boys' 400 meter dash – 2 races (Timed Finals)
12:00	Girls' 4 x 800 relay Boys' 4 x 800 relay	1:45 Girls' 300 meter hurdles – 2 races (Timed Finals) Boys' 300 meter hurdles – 2 races (Timed Finals)
12:30	Girls' 100 meter hurdles – 2 races (Timed Finals)	2:00 Girls' 800-meter run
12:45	Boys' 110 meter hurdles – 2 races (Timed Finals)	Boys' 800-meter run
12:50	Girls' 100 meter dash – 2 races (Timed Finals) Boys' 100-meter dash – 2 races (Timed Finals)	2:10 Girls' 200 meter dash – 2 races (Timed Finals) Boys' 200-meter dash – 2 races (Timed Finals)
1:00	Girls' 1600 meter run Boys' 1600 meter run	2:20 Girls' 3200 meter run Boys' 3200 meter run
1:20	Girls' 4 x 100 meter relay Boys' 4 x 100 meter relay	3:00 Girls' 4 x 400 meter relay Boys' 4 x 400 meter relay

The event times listed are approximates, after the 4 x 800 relay the meet will progress without delays.



**FRANKFORT HIGH SCHOOL  
EMERGENCY INFORMATION**

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**SCHOOL NAME**

**FRANKFORT TRACK INVITATIONAL**

**Saturday, April 20, 2024**

**ATHLETIC DIRECTOR**

Name \_\_\_\_\_

School # \_\_\_\_\_

Home# \_\_\_\_\_

Cell# \_\_\_\_\_

**COACH**

Name \_\_\_\_\_

Home# \_\_\_\_\_

Cell# \_\_\_\_\_

**BUS LEAVING TIME** \_\_\_\_\_

**PLEASE E-MAIL to:** [niehaus@frankfort.k12.in.us](mailto:niehaus@frankfort.k12.in.us) or [palmerj@frankfort.k12.in.us](mailto:palmerj@frankfort.k12.in.us)