

FRANKLINVILLE

FROSTBITE RELAYS

1:00pm - Saturday, April 15th, 2023
(Coaches' meeting at 12:30pm)

RUNNING EVENTS- 1:15pm

3200m Relay (4x800) (Waterfall start)
Shuttle Hurdle Relay (30" – 10m-20m-20m-20m-10m) (Cross line starts)
Girls 1500m Run (1 athlete) (Waterfall start)
400m Relay (4x100) (2 turn stagger)
Boys 1600m Run (1 athlete) (Waterfall start)
800m Relay (4x200) (2 turn stagger)
Steeplechase Relay (4x800) no batons used (G-30", B-36") (Waterfall start)
Sprint Medley Relay (100-100-200-400) (2 turn stagger)
Distance Medley Relay (400-800-800-1600) (2 turn stagger)
1600m Relay (4x400) (2 turn stagger)

FIELD EVENTS - 1:00pm

Pole Vault (2 athletes) Open Pit, listen for bar height. (G-5'0"; B-7'0")
High Jump (2 athletes) Open Pit, listen for bar height. (G-3'6"; B-4'6")
Shot Put (2 athletes) Girls first, then Boys (All 4 throws)
Discus (2 athletes) Boys first, then Girls (All 4 throws)
Long Jump (2 athletes) Open Pit for 1 hour and 15 minutes. (All 4 jumps)
Triple Jump (2 athletes) Open Pit for 1 hour and 15 minutes. (All 4 jumps)
(TJ will be held after LJ is over)

PAYMENT

\$125 per team or \$225 for a boys and girls team

\$15 per individual

Payable to: Franklinville Central

School C/O Track Team — Derek

Schunke 31 N. Main St.

Franklinville, NY 14737

ADDITIONAL INFORMATION

Please use 1/4 pyramid or 1/8 pin spikes

Please tell your athletes to use gates — don't jump over fences

Bathrooms are located along outside wall of school

(Boys room up left ramp, girls up right ramp)

Ribbons for 1st-6th; Trophies for top 2 teams

ENTRIES

All entries will be completed on MileSplit. Registration will close on Thursday, April 13th, 2022 at noon. Timing system will be used.

-Frostbite Relay souvenir shirts, programs and concessions will be available