

Watervliet High School

1245 Hillside Drive.
Watervliet, NY 12189
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The Cannoneer Track & Field Invitational Friday, April 20th, 2018

Dear Coaches,

We would like to invite you and your track & field team to participate in the third annual Track & Field Invitational at Watervliet High School under the lights on Friday, April 20th. We are very excited to be hosting this event and we hope that you will be able to attend!

Facilities: We have a six lane, 400 meter, all-weather track with an 8 lane straightaway and new jumping pits. Only pin spikes and flats are allowed on the track and jumping areas.

Time: Will be using FAT timing so any scratches and/or changes need to be made by 2:30pm. There will be a coaches' meeting at 2:45pm. Field events will begin at 3:00pm and preliminary track events will begin at 3:30.

Entry Fee: \$200 – Both boys and girls
\$150 – Only boys **or** girls

Entries: Each team will be allowed two entries per event and one relay team per relay. Each team is also allowed two wildcard entries for individual events. Entries will be done online. Information will be sent to the participating schools as the date of the event approaches.

Scoring & Awards: Scoring will be 10, 8, 6, 4, 2, and 1. Team plaques will be awarded to the top scoring boy and girl teams. Ribbons will be awarded for places 1-6 in every event. A Most Outstanding Track Performer and a Most Outstanding Field Performer will be chosen for both boys and girls and awarded plaques.

Concessions: There will be a full concession stand provided. T-shirts will also be available for purchase.

We look forward to seeing you on April 20th. If you have any questions please contact Nick Yatrakis, Boys Track & Field Coach at (518) 378-8864 or nyatrakis@yahoo.com or Tami Karbowski, Girls Track & Field Coach at (774) 254-4415 or Tami.Keene@hotmail.com. You may also contact Michael Foust, Athletic Director at (518) 629-3303 or mfoust@vlietschools.org

Order of Events
Changes Due No Later Than 2:30pm
Preliminaries – 3:30pm

1. 3000 m run – girls unseeded (if necessary)
2. 3200 m run – boys unseeded (if necessary)
3. 110 m hurdles – boys semis
4. 100 m hurdles -- girls semis
5. 100 m dash – girls semis (8 to finals)
6. 100 m dash – boys semis (8 to finals)
7. 1500 m run – girls unseeded
8. 1600 m run – boys unseeded
9. 200 m dash – girls semis (6 to finals)
10. 200 m dash – boys semis (6 to finals)

Finals – 15 min. following preliminaries

1. 3200 m relay – girls
2. 3200 m relay – boys
3. 100 m hurdles – girls
4. 110 m hurdles – boys
5. 100 m dash – girls
6. 100 m dash – boys
7. 1500 m run – girls seeded
8. 1600 m run – boys seeded
9. 400 m relay – girls sections
10. 400 m relay – boys sections
11. 400 m dash – girls timed finals
12. 400 m dash – boys timed finals
13. 400 m hurdles – girls timed finals
14. 400 m hurdles – boys timed finals
15. 800 m run – girls sections
16. 800 m run – boys sections
17. 200 m dash – girls
18. 200 m dash – boys
19. 3000 m run – girls seeded
20. 3200 m run – boys seeded
21. 1600 m relay – girls sections
22. 1600 m relay – boys sections

Field Event Information

All field events will begin promptly at 3:00pm

LONG JUMP	Boys followed by Girls	3 jumps, top 7 to finals
TRIPLE JUMP	Girls followed by Boys	3 jumps, top 7 to finals
SHOT PUT	Boys followed by Girls	3 throws, top 7 to finals
DISCUS	Girls followed by Boys	3 throws, top 7 to finals
HIGH JUMP	Girls followed by Boys	Girls open at 3'6", Boys at 4'6"
POLE VAULT	Boys followed by Girls	Boys open at 7'6", Girls at 6'6"

Finals will be an additional 3 throws or jumps

**The Cannoneer Track & Field Invitational
Friday, April 20th, 2018**

Entry Form

School: _____ Purchase Order#: _____

Boys Coach: _____ Phone#: _____

Email: _____

Girls Coach: _____ Phone#: _____

Email: _____

Signature of Athletic Director: _____

Date: _____

Teams entered (please circle): Boys Girls

Please forward a check or purchase order for the entry fee with this form. Make check payable to: **Watervliet Track and Field**

Entry Fee:

\$200 – Both boys and girls

\$150 – Only boys **or** girls

Mail entry form to:

**Nick Yatrakis, Track and Field Coach
Watervliet Jr. /Sr. High School
1245 Hillside Drive
Watervliet, NY 12189**

Entry deadline: Please inform us of your intent to attend by Wednesday, April 11th.