

2026 Watervliet Pent, Jav, & Vault Challenge



TRACK & FIELD

Wednesday April 8th, 2026, 10:00am

Jim Hayes Cannoneer Field

Coaching Staff:

**Tyler Ronan, Boys Head T&F Coach
Katie Zito, Girls Head T&F, XC Coach
Mikayla Rossier, Assistant Coach
Ally Risch, Assistant Coach**

Hello Coaches!

It is with great pleasure that I invite you to attend the 2026 Watervliet Pent, Jav, & Vault Challenge, hosted by the Watervliet Track and Field team. This event celebrates the efforts of athletes from all schools across all track and field disciplines, and strives to establish an additional opportunity for our athletes to compete in these events.

Date and Time:

- Wednesday April 8th, 2026
- All Events Begin at 10:00am

Location and Facility Info:

- Watervliet Junior High School, 1245 Hillside Drive Watervliet, NY 12189
- Jim Hayes Cannoneer Field (8 lane straightaway, 6 lane oval track with 2 LJ/TJ pits and high jump/pole vault areas, shot put and discus located outside the fence)
- Bus Parking at Watervliet Elementary School, 2557 10th Avenue Watervliet, NY 12189

Format and Entry Info:

- Unlimited Entries in each event (**USE DISCRETION PLEASE**). Athletes entered in the pentathlon will not be allowed to compete in the javelin throw.
- All athletes intending to compete must be entered online through the MileSplit Meet Registration website. There is no password for this event.

Rules, Sanctions, Officials:

- FAT timing will be in use for all races on the track. Please keep all members of your team away from the finish line area unless they are competing in the event on the track. Any interference from non-competing athletes or spectators will result in a disqualification from the event.
- We will be using NFHS and NYSPHSAA rules for this event. Please consult the handbook for any specific rules, or contact meet management directly.
- New York State certified officials from CDTO will be hired to manage and facilitate all events.

Scoring and Awards:

- Awards will be given to the top 6 athletes (medal & t-shirt to each event winner, medals only for places 2-6).

Fees:

- \$25 per individual athlete, \$125 if entering 4 or more athletes
- Payment due by 04/30/2026. Checks should be payable to **Watervliet Track and Field** and should be mailed to: **Watervliet Junior Senior High School % Tyler Ronan, 1245 Hillside Drive Watervliet, NY 12189**

Insurance:

- If participating in the javelin, please list Watervliet Jr/Sr High School on your “Certificate of Insurance.”
- A copy of your COI will be required with your meet entry in order to participate.

Questions, Points of Contact:

- Tyler Ronan, Head Track and Field Coach
 - 518-847-6646
 - tronan@vlietschools.org
- Brian Ford, Athletic Director
 - 518-629-3303
 - bford@vlietschools.org

Order of Events

COACHES MEETING WILL BE IN THE CLERKING AREA AT 9:45.

ALL EVENTS WILL BEGIN PROMPTLY AT 10:00 AM.

<u>Boys Pentathlon</u>	<u>Girls Pentathlon</u>
<ol style="list-style-type: none">1. 110m Hurdles2. Long Jump3. Shot Put4. High Jump (Opening height 4'6")5. 1500m run	<ol style="list-style-type: none">1. 100m Hurdles2. High Jump (opening height 3'6")3. Shot Put4. Long Jump5. 800m run

THERE WILL BE A 15 MINUTE BREAK BETWEEN EVENTS

Javelin:

- Girls followed by Boys, 3 throws, Top 7 to finals for 3 additional throws

Pole Vault:

- Boys followed by Girls
 - Boys Opening Height, 7', then up 6"
 - Girls Opening Height, 6', then up 6"