

# **2026 Watervliet “Cannoneer Challenge”**

## **Invitational**



# ***TRACK & FIELD***

**Friday May 1st, 2026, 4:00pm**

**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 Invitational, 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 re-establish itself as one of the top meets in Section 2. This competition will feature traditional invite events, with the intent of offering a high level “championship” atmosphere; while offering the best experience possible for all teams, spectators and officials. **New this year to the meet are the javelin throw, and a throwers 4x100m relay!**

Date and Time:

- Friday May 1st, 2026
- All Running Events Begin Promptly at 4:00pm, After the Tots 55m Cookie Challenge.
- Javelin will begin at 3:45, with all other field events beginning at 4:00 pm
  - Discus will begin warm-ups promptly at the conclusion of javelin

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 Drop Off should happen on 12th Avenue, and teams should walk up the stairs to the track.
  - Bus parking at Watervliet Elementary School, 2557 10th Avenue Watervliet, NY 12189

Format and Entry Info:

- 3 entries per event, 1 relay per school/gender (NO WILD CARDS)
  - **JAVELIN WILL BE LIMITED TO THE TOP 12 ENTRIES OVERALL PER GENDER (1 FLIGHT EACH, 3 THROWS & NO FINAL). Schools may enter 2 athletes per gender in javelin.**
- 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 teams 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 starting line, finish line, clerking and field events.
- **PLEASE ENSURE YOU'VE SENT A COI LISTING "Watervliet City School District" IF YOU INTEND TO COMPETE IN THE JAVELIN! NO COI=NO JAVELIN.**

#### Scoring and Awards:

- All events are scored 10-8-6-4-2-1.
- Awards will be given to the top 6 athletes
- Team Champion plaques provided for the highest scoring boys and girls teams.

#### Fees:

- \$15 per individual athlete (up to 6 athletes), \$25 per relay (one relay only if not entering as team)
- \$150 for single gender team entry, \$250 for coed team entry
- Payment due by 05/30/2026. 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**

#### Questions, Points of Contact:

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

## Order of Events

***COACHES MEETING WILL BE IN THE CLERKING AREA AT 3:30. JAVELIN WILL BEGIN PROMPTLY 3:45, WITH OTHER FIELD EVENTS STARTING AT 4:00 PM, WITH RUNNING EVENTS.***

1. Tots 55m Cookie Challenge (Begins Promptly at 3:50pm)

***Meet Paused for National Anthem***

2. Girls 4x800m Relay
3. Boys 4x800m Relay
4. Girls 100m Hurdles
5. Boys 100m Hurdles
6. Girls 100m Dash
7. Boys 100m Dash
8. Girls 1500m Run
9. Boys 1600m Run
10. Girls 4x100m Relay
11. Boys 4x100m Relay
12. Girls 400m Dash
13. Boys 400m Dash
14. Girls 400m Hurdles
15. Boys 400m Hurdles
16. Girls 800m Run
17. Boys 800m Run
18. Girls 200m Dash
19. Boys 200m Dash
20. Girls 3000m Run
21. Boys 3200m Run
22. Girls 4x400m Relay
23. Boys 4x400m Relay
24. Girls Throwers 4x100m Relay
25. Boys Throwers 4x100m Relay

***Field Events (4 throws/horizontal jumps, no finals)\****

1. Long Jump (Into pit near 100m start, Boys followed by girls)
2. Triple Jump (Into pit near 200m start, Girls followed by boys)
3. High Jump ( B/G Continuous, Opening Height 4', Up 3" to 6' then up 2")
4. Pole Vault (B/G Continuous, Opening Height 7', Up 6" to 12' then up 3")
5. Shot Put (Boys followed by girls)
6. **\*Javelin (Begins at 3:45pm, Boys followed by girls, 3 throws only)**
7. Discus (Girls followed by boys)