



2nd Upstate Arsenal Relays Saturday, April 13th, 2024 Start time: 11am

Dear Coaches,

We would like to invite you and your track & field team to participate in the first annual Track & Field Relay Invitational at Watervliet High School on Saturday, April 13th. 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 1/4in pin spikes and flats are allowed on the track and jumping areas.

Batons: Batons will be provided for each race during this event. Personal batons will not be permitted for competition use.

Time: We'll be using FAT timing so and ask that any scratches and/or changes need to be made by 8am.

Entries: Entries must be submitted online at ny.Milesplit.com or by mail-in money order by April 6th for early entry pricing. Unlimited Relays will be allowed. See below for mail-in form. Final entries due Friday, April 12, by 10pm.

Early Entry Fee: \$100 – boys and girls
\$75 – only boys **or** only girls

Late Entry Fee: \$200 - boys and girls
\$100 - only boys **or** only girls

Awards: Trophies to 1st place finishes in the finals of each relay event. Ribbons to 2nd and 3rd place teams.



Concessions: Full concession stand

Photos: Photos will be taken throughout the event by Rue Dauphine Studio. The photos will be available for 3 weeks after the end of the event online.

We look forward to seeing you on April 13th for this relay meet. Looking to have a great day of fun and laughs! If you have any questions, please contact Melique Garcia, Head Track & Field Coach, at (518) 212-9336 or vljettrack@gmail.com. You may also contact Brian Ford, Athletic Director, at (518) 629-3303 or bford@greenisland.org.

This meet is open to all sections and out of state schools to enter.

Order of Events

Changes Due No Later Than 11pm

Track Events Begin – 12:00pm

****Relays are allowed to be interchangeable between the heats and final as well.**
->Winners of each heat automatically advance with the next fastest times<-**

- Girls Shuttle Hurdles Relay Final
- Boys Shuttle Hurdles Relay Final
- Girls 4x100m Relay (Semi)
- Boys 4x100m Relay (Semi)
- Girls 2x2x400m Relay Final
- Boys 2x2x400m Relay Final
- Freshman Girls SMR Final -(1, 1, 2, 4)
- Freshman Boys SMR Final -(1, 1, 2, 4)
- Girls 4x200m Relay Final
- Boys 4x200m Relay Final
- Girls 4x800m Relay Final
- Boys 4x800m Relay Final
- Mixed Pole Vault 4x100m Relay
- Mixed Throwers 4x100m Relay
- Girls 4x100m Relay Final
- Boys 4x100m Relay Final
- Girls 4x400m Relay Final
- Boys 4x400m Relay Final
- AWARDS

Field Event Relay Information

POLE VAULT RELAY Mixed Gender relay utilizing poles as the baton!!

THROWS RELAY Mixed Gender relay utilizing shots as the baton!!

Bi-Annual Upstate Arsenal Relays

Saturday, April 13th, 2024

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:

\$150 – Both boys and girls

\$100 – Only boys **or** only girls

Mail entry form to:

**Melique Garcia, 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 Saturday, March 9th for early entry fee. **This form must be received by mail before the 9th.**