

2025 Watervliet Track and Field Invitational



TRACK & FIELD

Friday May 2nd, 2025, 4:00pm

Jim Hayes Cannoneer Field

Head Coach: Tyler Ronan

Hello Coaches!

It is with great pleasure that I invite you to attend the 2025 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 hopes 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.

Date and Time:

- Friday May 2nd, 2025
- All Field Events Begin Promptly at 4:00pm, with Running Events Beginning After the Kids Run.

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:

- 3 entries per event, 1 relay per school/gender (NO WILD CARDS)
- 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 starting line, finish line, clerking and field events.

Scoring and Awards:

- All events are scored 10-8-6-3-2-1.
- Awards will be given to the top 6 athletes (medal(s) & t-shirt(s) to each event/relay winner, medals for 2nd and 3rd place athletes, ribbons for athletes placing 4th through 6th).
- 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 05/02/2025. 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@greenisland.org
- Brian Ford, Athletic Director
 - 518-629-3303
 - bford@greenisland.org

Order of Events

**COACHES MEETING WILL BE IN THE CLERKING AREA AT 3:45. ALL FIELD
EVENTS WILL BEGIN PROMPTLY AT 4:00 PM, WITH RUNNING EVENTS
BEGINNING AFTER THE KIDS "CHOCOLATE CHIP COOKIE 55 METER DASH."**

Prelim Running Events

1. Chocolate Chip Cookie 55 meter Dash for Kids (pre-k through 2nd grade)

Timed Finals

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

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. Discus (Girls followed by boys)