



## **Cannoneer Challenge** **Friday May 3, 2024**

Dear Coaches,

We would like to invite you and your track & field team to participate in the fourth annual Track & Field Invitational at Watervliet High School under the lights on Friday, May 3rd. 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.

**Homebase:** Teams will set up their home tents around the perimeter of the track by the stands, shot put circle and baseball field.

**Warmups:** Can be done on the infield if you are competing. Athletes that are not competing do ask to return to their team's base.

**Check in:** Will be located at the garage for all track based events. Field events will check in at their respective field event.

**Time:** Will be using FAT timing so any scratches and/or changes need to be made by 3:30pm. Field events will begin at 4pm and track events will begin at 4:30pm. All entries should be made online at [ny.mileplit.com](http://ny.mileplit.com).

**Entry Fee:** \$200 – Both boys and girls  
\$150 – Only boys **or** girls  
\$25 – Per Individual athlete

**Entries:** Each team will be allowed two entries per event and one relay team per relay. 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. Personalized Team Plaques to the boys and girls team with the most points. Trophy to champion of each event presented immediately after concluding the race. Champion relays get medals. Medals for 2nd and 3rd place finishes.

**Concessions:** Food concessions will be available. Tshirts will be on sale with limited quantities!

**Staff:** All staff working the event can be located by a maroon vest.

We look forward to seeing you on May 3rd. If you have any questions please contact Melique Garcia, Head Track & Field Coach at (518) 212-9336 [vltrack@gmail.com](mailto:vltrack@gmail.com). You may also contact David Wareing, Athletic Director at (518) 629-3303



# **Order of Events**

**Changes Due No Later Than 4:00pm**

**Field Events Begin – 4:00 pm**

**Track Events Begin – 4:30 pm**

**\*\*SEMIS – Top 8 fastest times qualify for final\*\***

**\*\*TIMED FINALS – Slowest heats to fastest (marks will be verified)\*\***

**WE WANT COMPETITIVE HEATS IN EVERY EVENT**

## **CONTESTED EVENTS**

- Girls 4x800m Relay
- Boys 4x800m Relay
- Girls 100m Hurdles SEMI
- Boys 110m Hurdles SEMI
- Girls 100m dash SEMI
- Boys 100m dash SEMI
- Girls 400m (TIMED FINAL)
- Boys 400m (TIMED FINAL)
- Girls 100m Hurdles FINAL
- Boys 110m Hurdles FINAL
- Girls 100m Dash FINAL
- Boys 100m Dash FINAL
- Girls 1500m Run
- Boys 1600m Run
- Girls 4x100m Relay (TIMED FINAL)
- Boys 4x100m Relay (TIMED FINAL)
- Girls 400m Hurdles (TIMED FINAL)
- Boys 400m Hurdles (TIMED FINAL)
- Girls 800m Run
- Boys 800m Run
- Girls 200m Dash (TIMED FINAL)
- Boys 200m Dash (TIMED FINAL)
- Girls 3000m Run
- Boys 3200m Run
- Girls 4x400m Relay
- Boys 4x400m Relay

### **Field Event Information**

We are utilizing both jumping pits so Long Jump and Triple will be run at the same time as well as both throwing circles.

**LONG JUMP** Boys followed by Girls, 4 jumps, no finals

**TRIPLE JUMP** Girls followed by Boys, 4 jumps, no finals

**SHOT PUT** Boys followed by Girls, 4 throws, no finals

**DISCUS** Girls followed by Boys, 4 throws, no finals

**HIGH JUMP** Girls followed by Boys, 4 jumps, Girls open at 3'9", Boys at 4'9"

**POLE VAULT** Boys followed by Girls, 4 jumps, Boys open at 7'6", Girls at 6'6"

**The Cannoneer Challenge Track & Field Invitational  
Saturday April 15th, 2023**

**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:

**Melique Garcia, Track and Field Coach  
Athletic Department  
Watervliet City School District  
1245 Hillside Drive  
Watervliet, NY 12189**

**Entry deadline:** Please inform us of your intent to attend by Friday, March 31st.

# Cannoneer Track MiniMart

Debit/Credit cards accepted

## **Snacks**

Chips

Mini Muffins

Candy

## **Hot Food**

Hot Dogs

Hamburgers

Cheeseburgers

BBQ Wings

## **Beverages**

Water

Hot Coco/ Coffee

Powerade

Body Armor

## **Gear**

Shirts

Necklaces/Bracelets