**The Cannoneer Track & Field Invitational**

**Friday, April 21st, 2017**

Dear Coaches,

We would like to invite you and your track & field team to participate in the second annual Track & Field Invitational at Watervliet High School under the lights on Friday, April 21st. 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 pin spikes and flats are allowed on the track and jumping areas.

**Time:** Will be using FAT timing so any scratches and/or changes need to be made by 2:30pm. There will be a coaches’ meeting at 2:45pm. Field events will begin at 3:00pm and preliminary track events will begin at 3:30pm.

**Entry Fee:** $200 – Both boys and girls

 $150 – Only boys **or** girls

**Entries:** Each team will be allowed two entries per event and one relay team per relay. Each team is also allowed two wildcard entries for individual events. Entries will be done online. Information will be sent out to the participating schools as the date of the event approaches.

**Scoring & Awards:** Scoring will be 10, 8, 6, 4, 2, and 1. Team plaques will be awarded to the top scoring boy and girl teams. Ribbons will be awarded for places 1-6 in every event. A Most Outstanding Track Performer and a Most Outstanding Field Performer will be chosen for both boys and girls and awarded plaques.

**Concessions:** There will be a full concession stand provided. T-shirts will also be available for purchase.

We look forward to seeing you on April 21st. If you have any questions please contact Nick Yatrakis, Boys Track & Field Coach at (518) 378-8864 or nyatrakis@yahoo.com or Tami Karbowksi, Girls Track & Field Coach at (774) 254-4415 or Tami.Keene@hotmail.com . You may also contact Michael Foust, Athletic Director at (518) 629-3303 or mfoust@vliet.neric.org.

**Order of Events**

**Changes Due No Later Than 2:30pm**

**Preliminaries – 3:30pm**

1. 3000 m run – girls unseeded (if necessary)
2. 3200 m run – boys unseeded (if necessary)
3. 110 m hurdles – boys semis
4. 100 m dash – girls semis
5. 100 m dash – boys semis
6. 1500 m run – girls unseeded
7. 1600 m run – boys unseeded
8. 200 m dash – girls semis
9. 200 m dash – boys semis

**Finals – 15 min. following preliminaries**

1. 3200 m relay – girls
2. 3200 m relay – boys
3. 100 m hurdles – girls
4. 110 m hurdles – boys
5. 100 m dash – girls
6. 100 m dash – boys
7. 1500 m run – girls seeded
8. 1600 m run – boys seeded
9. 400 m relay – girls sections
10. 400 m relay – boys sections
11. 400 m dash – girls timed finals
12. 400 m dash – boys timed finals
13. 400 m hurdles – girls timed finals
14. 400 m hurdles – boys timed finals
15. 800 m run – girls sections
16. 800 m run – boys sections
17. 200 m dash – girls
18. 200 m dash – boys
19. 3000 m run – girls seeded
20. 3200 m run – boys seeded
21. 1600 m relay – girls sections
22. 1600 m relay – boys sections

**Field Event Information**

All field events will begin promptly at 3:00pm

**LONG JUMP** Boys followed by Girls 3 jumps, top 7 to finals

**TRIPLE JUMP** Girls followed by Boys 3 jumps, top 7 to finals

**SHOT PUT** Boys followed by Girls 3 throws, top 7 to finals

**DISCUS** Girls followed by Boys 3 throws, top 7 to finals

**HIGH JUMP** Girls followed by Boys Girls open at 3’9”, Boys at 4’6”

**POLE VAULT** Boys followed by Girls Boys open at 7’6”, Girls at 6’6”

**The Cannoneer Track & Field Invitational**

**Friday, April 12st, 2017**

**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:

 **Nick Yatrakis, 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 Wednesday, April 12th.