



Viking Invitational: "Saturday Night Lights" Saturday, April 22 2023

Meet Overview

- Saturday April 22, 2023
- 5:00 pm- all events start
- Top 3 Athletes per gender will receive a medal. Only 1st place relay will receive a medal.
- Portion of the proceeds will be donated to the Newburgh Ministry in honor of the late Coach Michael "Big Mike" Williams.
- **Electronic Timing provided by Underdog Timing.**
<https://underdogtiming.com/>

Meet entry Limits

- 5 Athletes per gender per event for open track and field events.
- 2 Relays per gender per event.

Meet Contact Information

Coach Allison Borriello

allison.borriello@vcsdny.org or

Coach Patrick Kemp

patrick.kemp@vcsdny.org

Athletic Office- Lisa Sullivan

lisa.sullivan@vcsdny.org

Athletic Director- Richard Steger

richard.steger@vcsdny.org



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Meet Cost:

- \$10 Per Individual
- \$ 35 Per Relay
- \$ 250 Team Cost Per Gender (if only one gender)
- \$450 School Cost for boys and girls combined

Make checks payable to
Valley Central High School
Memo: Girls Track

Please Mail checks to the following address
Valley Central High School
1175 State Route 17K Montgomery, NY 12549

Meet Procedure Timeline

1. Complete and Submit attached General Meet Entry Form by Sat. 4/8/23

- A. Scan/ Email it to Coach Kemp. patrick.kemp@vcsdny.org
- B. Entry form must include payment decision/ anticipated total
- C. Once received, schools will be sent our Milesplit Password.

2. Register all Athletes on Milesplit by Wednesday 4/19/23 11:59 pm.

- A. Entries must match the entry form previously submitted.
- B. Meet registration on Milesplit will be open on Monday March 13th.



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Other Important Notes

- Concession Stand available; Price range: \$1-\$5
- We welcome all to bring non perishable food items to be donated to our local Food Pantry.
- Apparel: \$20 per shirt

Meet Day Timeline

4:30 pm Coaches Meeting

4:45 pm Moment of Silence to Honor Coach Mike

4:50 pm First Call for all Events

4:55 pm National Athlehem

5 pm Meet Start

Order of Events

Field Events → 5 pm Start	Track Events → 5:00 pm Start
Girls Shot Put, followed by Boys Shot Put	*Girls Run First, Finals on Time.* 3000m/3200m
Boys Discus, followed by Girls Discus	100/ 110m Shuttle Hurdle Relay (4 Person)
Girls Long Jump, followed by Boys Long Jump	100m Open
Boys Triple Jump, followed by Girls Triple Jump	400m Open
Girls High Jump, followed by Boys High Jump	SMR 4-2-2-8
	400m Hurdles
	4 x 100m Throwers
	4 x 100m Relay
	1500/ 1600
	4 x 400m Relay



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To be accepted into the meet, pages 4-5 need to be completed and submitted via email to Coach Kemp by Saturday April 8th.

Team Entry Form

School Name	
Coach/ Coaches Names	
Contact Information (Email preferred)	
State Expected Payment Option: Check: *Made out to VCHS*, Cash.	

Payment Option: Please identify your choice by circling or highlighting your decision.

Blanket Options

One Gender	\$250.00	Circle: M / F
One School, Both Genders	\$450.00	

Smaller Options:

Individuals: \$10 per athlete. Limit to 5 athletes per gender per event.

Gender	Anticipated Individual Athlete Total
Male Total	
Female Total	

Relay: \$35 per team. Limit to two teams per gender per relay event.

Gender	Total Number of Expected Relays
Male Total	
Female Total	

Anticipated Team/ school Total (If chosen smaller options): _____