

Dear Coach:

You have been invited to participate in **The 54th Annual Colonie Relay Carnival** to be held **Saturday, May 4, 2019**. The meet is co-sponsored by Colonie High School, the Colonie Track & Field Booster Club and Fleet Feet Sports.

The morning meet will be non-scoring and will include 3 girl's relays and 3 boy's relays for freshman and JV athletes. **Entries in the morning meet are unlimited.** We will give ribbons as awards to the top 12 teams in each race. **The morning meet will be using an entry card system.** 4"x6" Cards should include:

School Name Team A,B,C, etc... (<u>No Individual names needed</u>) Entry Time

Exhibition steeplechase races will again be included in the morning schedule. **Entries will be limited.** There will only be one section of each race. Please contact Frank Myers at FlyingBB45@aol.com if you are interested in entering athletes.

We will again have an **Invitational 400m Hurdle** race in this year's meet. It will be run as a 2 heat final. The top 12 entries will be accepted into each race.

There will also be an **Exhibition Girls 1500m Racewalk** before the start of the afternoon Varsity events. It is a non-scoring event. However, awards will be given.

Schools are allowed only one entry per relay in the afternoon meet. We will score and give awards to the top six places in each event. **Schools Must Enter The Varsity Meet at NY.Milesplit.com.**

The entry fee remains the same. There is a blanket cost of \$170.00 for schools bringing both boys and girls teams, or \$95 for a school bringing either team. You may enter an athlete in both the morning meet and afternoon meet. However, no athlete may be entered in more than 4 events for the day.

Meet information sheets and the order of events are enclosed. We are looking forward to your team's participation on May 4th. Please let us know ASAP if you plan to attend.

Please mail your check or claim to: No later than Friday, April 12

**Colonie Track & Field Booster Club
Colonie High School
1 Raider Blvd.
Albany, NY 12205
Att: Frank Myers**

*****Please note we will have a concession stand open all day and Colonie Relay
Dri-fit t-shirts will be on sale.**

COLONIE RELAYS' INSTRUCTIONS

- (1) Spikes no longer than 1/4" may be used.
- (2) All running relays, except the **Girls** Shuttle Hurdle Relay, are comprised of 4 runners. (**Girls** Shuttle Hurdles has 3 runners).
***New This Year – The Boys Shuttle Hurdle Relay will be a four(4) person relay.**
All field events are comprised of 3 participants.
- (3) **Entries for the Varsity Meet(afternoon) need to be made on-line at NY.MileSplit.com.**
Entries must be submitted by Thursday, May 3rd @10:00pm.
The deadlines for scratches and/or changes will be at 11:00am for Field Events and 1:00pm for Track Events on Saturday, May 4th.
- (4) Bathrooms will be available at the track and in the high school.
Refreshments will be served in the concession stand.
Colonie Relay Dri-Fit T-shirts will be available.
- (5) The track infield can be used for athlete warm-up. Please do not congregate or set up tents on the infield.
- (6) **Invitational Events:**
 - A. All entries for the Invitational 100M Dash, Invitational 1500M/1600M, Invitational 2000M/3000M Steeplechase and 400M Hurdles should be made on-line. Only qualifying times from this year's indoor and outdoor seasons will be allowed. Please note on your entry where/when your entry time was achieved. There is a **3 athlete limit** per school for each Invitational event.
 - B. The number of entrants accepted in the 1500M/1600M Run and 2000M/3000M Steeplechase will be at the discretion of the meet director.
 - C. The top 12 entrants will be accepted in the 100M Dash. If a tie exists for the 12th athlete, the qualifier will be decided by a draw.

The top 12 entrants will be accepted in the 400M Hurdles. If a tie exists for the 12th athlete, the qualifier will be decided by a draw.
 - D. **If an accepted athlete is scratched from the event before 1:00pm the next athlete on the list will be moved into the race.**
 - E. **Once the Invitational fields have been finalized, any scratches from those events will result in the athlete being scratched from the rest of the meet.**

(7) **Field Events & Running Events:**

- A. The deadline for Field Event scratches and/or changes will be at 11:00am.
The deadline for Running Event scratches and/or changes will be at 1:00pm.
- B. As in past years, an effort will be made to allow people taking SAT's to participate provided their coach informs the official that the athlete is taking an exam. Once the official starts scoring the event, however, no late arriving athlete will be allowed to jump or throw. Throwers will be scheduled into later flights if taking SAT's.
- C. Practice jumps/throws will be allowed for late SAT arrivals. However, once the event is concluded, nobody will be allowed to jump or throw. Once a crossbar is raised, it cannot be lowered for a late SAT entrant.
- D. The long jump and triple jump will use an open pit format. The boy's will jump west to east during odd years and the girls will jump west to east during even years. The long jump will begin at 12:00 and last until 2:30 with 3 jumps per athlete. Triple jumpers will then be given 30 minutes to warm up. The Triple Jump will begin at 3:00 at the latest. **If the long jump ends early, the triple jump will start early.**
- E. The pole vault will be conducted as a combined girls/boys event with the bar starting at 5' 6". The bar is raised continuously by 6".
- F. The high jump will be conducted as a combined girls/boys event with the bar starting at 3' 9". The bar is raised by 3" increments until 6 girls/boys are left; then it will be raised by 2" increments.

(8) **Awards:**

***New This Year - "Colonie Relay" Batons for places 1 through 6 in all Varsity Events.**

Tie breaker system for awards:

-Running Event – coin flip

-Field Event –

1. Team place – Best throw/top competitor. If still tied, 2nd best athlete.

2. Individual - Best throw/jump – Follow National Federation Guidelines

THE COLONIE RELAY CARNIVAL - ORDER OF EVENTS

8:30am – JV EVENTS *Fast Sections First* *Unlimited Entries*

- Distance Medley - Girls
- Distance Medley - Boys
- 4 x 200MR - Girls
- 4 x 200MR - Boys
- Sprint Medley - Girls (400,200,200,800)
- Sprint Medley - Boys (200,200,400,800)
- 2000M Steeplechase - Boys (Entry limits TBA)
- 1500M Steeplechase - Girls (Entry limits TBA)

Varsity Field Events: 1 Team(3 athletes) per school

- 11:45 - Pole Vault (Continuous Bar)-Start at 5' 6' and goes up 6''
- 12:00 – Girls Shot Put followed by Boys Shot Put (3 throws)
- 12:00 – Boys Discus followed by Girls Discus (3 throws)
- 12:00 - Long Jump (Girls & Boys; 2 pits) Boys West to East; Girls East to West
Open Pit from 12:00-2:30 (3 jumps)
- 1:00 - High Jump (Continuous Bar)-Start at 3' 9'' and goes up 3''
- ~3:00 - Triple Jump (Girls & Boys; 2 pits) after Long Jump
Open Pit for 2.5 hours after a 30 minute warm-up (3 jumps)

Varsity Track Events: 1 Relay Team/School 3 Invite Entry Max/School

- 1:45 – Exhibition 1500m Racewalk - Girls
- 2:00 – Inv. 2000M Steeplechase - Girls
- 2:15 – Inv. 3000M Steeplechase - Boys
- 2:25 – 3 x 100M Hurdles - Girls
- 2:35 – 4 x 110M hurdles - Boys
- 2:50 – 4 x 800M Relay - Girls
- 3:00 – 4 x 800M Relay - Boys
- 3:10 – Inv. 100M Dash (2 Heat Final) - Girls
- 3:15 – Inv. 100M Dash (2 Heat Final) - Boys
- 3:20 – Inv. 1500M Run - Girls
- 3:30 – Inv. 1600M Run - Boys
- 3:40 – Inv. 400M Hurdles (2 Heat Final) - Girls
- 3:45 – Inv. 400M Hurdles (2 Heat Final) - Boys
- 3:50 – 4 X 200M Relay - Girls
- 4:00 – Distance Medley - Girls
- 4:20 – 4 X 200M Relay - Boys
- 4:30 – Distance Medley - Boys
- 4:50 – SMR (200,200,400,800) - Girls
- 5:00 – 4 x 1500M Relay - Girls
- 5:25 – 4 x 100M Relay - Girls
- 5:35 – SMR (200,200,400,800) - Boys
- 5:45 – 4 x 1600M Relay - Boys
- 6:05 – 4 x 100M Relay - Boys
- 6:15 – 4 x 400M Relay - Girls
- 6:25 – 4 x 400M Relay - Boys

COLONIE RELAYS CARNIVAL RECORDS – GIRLS

INDIVIDUAL RECORDS

100 Meters	2012	11.8	Kyle Plante	Colonie
400 Meter Hurdles	2018	1:06.13	Julia Barker	Shaker
1500 Meters	2010	4:33.3	Lizzie Predmore	Shenendehowa
2000 Meter Steeple	2005	7:06.3	Emily Malinowski	Bethlehem
High Jump	2009	5' 7"	Michelle Quimby	Shenendehowa
Long Jump	2015	18' 4.25"	Leah Moran	Holy Names
Discus	1996	134' 5"	Amber Jones	Shenendehowa
Shot Put	2017	42' 10.75"	Jillian Shippee	Shenendehowa
Triple Jump	2015	39' 6"	Leah Moran	Holy Names
Pole Vault	2018	12' 6"	Alana Carroll	Averill Park

RELAY RECORDS

4 X 100MR	1993	49.1	Albany High School (Thompson, Miller, Bellamy, Williamson)
4 x 200MR	2016	1:42.26	Shenendehowa (Haas, Hamlin, Robbins, Tudor)
4 x 400MR	2012	3:54.8	Colonie (Bousa, Kelly, Plante, Kaminski)
4 x 800MR	2012	9:11.1	Holy Names (Close, Scott, Triller, Maloy)
4 X 1500MR	2017	19:33.17	Niskayuna (Spiers, Sciortino, Kokernak, Wasserbach)
Sprint Medley	2017	3:58.78	Shenendehowa (Haas, Hamlin, Reale, Tudor)
Distance Medley	2011	12:18.5	Shaker (Lavender, Hayes, Sheridan, Coughlin)
3 x 100M Hurdles	2011	45.1	Colonie (Sainato, Keane, Plante)
Long Jump Relay	2012	51' 1.75"	Shaker (VanDenburgh, Torncello, McLean)
Triple Jump Relay	2018	106' 5"	Guilderland (Bruno, Gross, Dicaprio)
Shot Put Relay	2017	108' 11.5"	Shenendehowa (Shippee, Jordan, Anameze)
Discus Relay	2000	330' 10"	Shenendehowa (Schulkind, Pasche, Hagner)
High Jump Relay	2009	15' 7"	Shenendehowa (Furjank, Quimby, Hanson)
Pole Vault Relay	2009	30' 0"	Shenendehowa (Quimby, Weeks, Preston)

2018 Girls Team Champion – Guilderland

COLONIE RELAYS CARNIVAL RECORDS – BOYS

INDIVIDUAL RECORDS

100 Meters	2001	10.4	R. J. Harvey	Colonie
400 Meter Hurdles	2017	54.72	Jeremiah House	Colonie
1600 Meters	1999	4:09.5	Dylan Welsh	Saratoga
3000 Meter Steeple	2018	9:37.69	Marty Dolan	Niskayuna
High Jump	2001	7' 0"	Dan Olsen	Albany Academy
Long Jump	1969	23' 1"	Tony Delgado	Mt. Pleasant
Discus	1968	166' 4"	Kevin Clemente	CBA
Shot Put	1970	59' 2"	Joe Zelezniak	Mt. Pleasant
Triple Jump	1980	46' 5"	Scott Pladel	Columbia
Pole Vault	1995	15' 1"	Steve Montone	Mohonasen

RELAY RECORDS

4 x 100MR	2010	42.6	Albany High School (Morris, Arrington, Murnell, Gates)
4 x 200MR	2002	1:29.7	Schenectady (Olsen, Salisbury, Hilts, Jackson)
4 x 400MR	2015	3:21.28	Amsterdam (Maldonado, Graveley, Fernandez, Brown)
4 x 800MR	2017	7:58.60	Guilderland (Horan, Tindale, Horan, Carey)
4 X 1600MR	2010	17:41.5	Burnt Hills (Fernandez, Pezzulo, Manghan, Ubriano)
Sprint Medley	1999	3:31.0	Colonie (Susser, Gathen, Harvey, RJ, Tremblay)
Distance Medley	2007	10:20.8	Burnt Hills (Pezzulo, Goodrich, Buell, Houghtalen)
3 x 110M Hurdles	2010	44.8	Albany High School (Gates, Morris, Thompson)
Long Jump Relay	1987	63' 9.5"	Albany High School (Gaddy, Carr, Smith)
Triple Jump Relay	1993	131' 2"	Schenectady (Bergeron, Terry, Salahuddin)
Shot Put Relay	1974	164' 1/2"	Shaker (Rudd, Goliber, McKinney)
Discus Relay	1970	441' 8"	CBA (Clemente, DeStefano, McCarthy)
High Jump Relay	1977	18' 8"	Arlington (Cannon, Hallstead, Richardson)
Pole Vault Relay	2013	41' 0"	Shaker (Ogden, Gavin, Steck)

2018 Boys Team Champion – Bethlehem

