

Dear Coach:

You are invited to participate in **The 57th Harry Koch Colonie Relay Carnival** to be held **Saturday, May 6, 2023**. The meet is sponsored by Colonie High School and the Colonie Track & Field Booster Club.

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... (No Individual names needed)

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.

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.**

There is a blanket cost of \$200.00 for schools bringing both boys and girls teams, or \$110 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.

Added last year (2022), the "Throwers 4 x 100m Relay". All 4 athletes must be throwers for your team. However, they do not all need to be competing in the throws at The Colonie Relays. It will be a Non-Scoring event with awards to the top 6 teams. Matching Uniforms Must Be Worn.

Meet information sheets and the order of events are enclosed. We are looking forward to your team's participation on May 6th. Please let us know ASAP if you plan to attend.

Please mail your check or claim to: No later than **Friday, April 14**

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).
The Boys Shuttle Hurdle Relay will be a 4 person relay again this year.
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 4th @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 6th.
- (4) Bathrooms will be available at the track and in the high school.
Refreshments will be sold from 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. However, no late arriving athlete will be allowed to jump or throw once the event has ended. Throwers will be scheduled into later flights if they are 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 on 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: Varsity Events**

"Colonie Relays" Medals for Places 1st – 6th

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

- (9) **"Reverse The Course of Cancer"** - We will collect donations during a 400m walk in the reverse direction to raise money for "Where Charlie's Angels Play". See last page for more about Charlie, or go to: bit.ly/wherecharliesangelsplay

Coaches: Please send Tom Greene tgreene411@yahoo.com the name of a person your team would like us to honor/remember for this year's walk. We will announce all names given to us before the walk begins.

THE 57th HARRY KOCH COLONIE RELAY CARNIVAL

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 – “Throwers”4 x 100M Relay – - Girls
3:15 – “Throwers”4 x 100M Relay - - Boys
3:20 – Inv. 100M Dash (2 Heat Final) - Girls
3:25 – Inv. 100M Dash (2 Heat Final) - Boys
3:30 – Inv. 1500M Run - Girls
3:40 – Inv. 1600M Run - Boys
3:50 – Inv. 400M Hurdles (2 Heat Final) - Girls
3:55 – Inv. 400M Hurdles (2 Heat Final) - Boys
4:00 – 4 X 200M Relay - Girls
4:10 – Distance Medley - Girls
4:30 – 4 X 200M Relay - Boys
4:40 – Distance Medley - Boys
5:00 – SMR (200,200,400,800) - Girls
5:10 – 4 x 1500M Relay - Girls
5:35 – 4 x 100M Relay - Girls
5:45 – SMR (200,200,400,800) - Boys
5:55 – 4 x 1600M Relay - Boys
6:15 – 4 x 100M Relay - Boys
6:25 – 4 x 400M Relay - Girls
6:35 – 4 x 400M Relay - Boys

THE HARRY KOCH COLONIE RELAYS CARNIVAL RECORDS

GIRLS INDIVIDUAL RECORDS

100 Meters	2022	11.93	Zionna Perez-Tucker	Mohonasen
400 Meter Hurdles	2021	1:03.86	Claire Howard	Taconic Hills
1500 Meters	2022	4:31.25	Emily Bush	Saratoga
2000 Meter Steeple	2019	7:02.73	Faith DeMars	Ballston Spa
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

GIRLS 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	2021	19:13.61	Saratoga (Belisle, Bush, A.Hart, M.Hart)	
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	109' 11.5"	Shenendehowa (Shippee, Jordan, Anameze)	
Discus Relay	2017	332' 4"	Shenendehowa (Shippee, Jordan, Amameze))	
High Jump Relay	2009	15' 7"	Shenendehowa (Furjank, Quimby, Hanson)	
Pole Vault Relay	2009	30' 0"	Shenendehowa (Quimby, Weeks, Preston)	

2022 Girls Team Champion – Guilderland

THE HARRY KOCH COLONIE RELAYS CARNIVAL RECORDS

BOYS INDIVIDUAL RECORDS

100 Meters	2001	10.50	Carter Cukerstein	Shenendehowa
400 Meter Hurdles	2017	54.72	Jeremiah House	Colonie
1600 Meters	1999	4:09.5	Dylan Welsh	Saratoga
3000 Meter Steeple	2019	9:17.73	Tyler Berg	Burnt Hills
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 Zeleznik	Mt. Pleasant
Triple Jump	1980	46' 5"	Scott Pladel	Columbia
Pole Vault	1995	15' 1"	Steve Montone	Mohonasen

BOYS RELAY RECORDS

4 x 100MR	2019	42.77	Colonie (Kemp, Young, Hubbard, Hermance)	
4 x 200MR	2019	1:29.75	Colonie (Kemp, Young, DeSilva, Hermance)	
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	2019	3:29.60	Guilderland (Nieves, Tindale, Soldovere, Wicks)	
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)	
4 x 110M Hurdles	2019	59.99	Colonie (Hubbard, Hermance, McCauslin, Kemp)	
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	1978	19' 0"	Burnt Hills (Lange, Hemmenway, Fisk)	
Pole Vault Relay	2013	41' 0"	Shaker (Ogden, Gavin, Steck)	

2022 Boys Team Champion – Colonie

Charlie's Playground



We invite you to join us as we embark on an incredible journey to build an ALL ABILITY playground in the Capital Region.

This is in memory of a beautiful young person who touched so many lives during her 7 years with us, Charlie Fernandez.



South Colonial
CENTRAL SCHOOL DISTRICT



Charlie, who loved her parents (Danielle and Jason), sister (McKenzie), many relatives, teacher (Sarah Norton), classmates, therapy dogs (George and Henry), unicorns and rainbows, passed away in the spring of 2021 from an aggressive form of cancer known as neuroblastoma. Her courageous and passionate spirit was contagious. She lived life to the fullest even after fully losing her eyesight to the disease and going through several rounds of treatment.

Her family and teacher want her memory to live on through an exciting project that will result in a playground for children of ALL abilities. This will be a playground that will be accessible for the visually impaired as well as children with or without any disability. There are not many playgrounds that serve the needs of those who are visually impaired. It will be a fun and adventurous place for all!

Those who loved Charlie have teamed up with an incredible organization called Where Angels Play.

They build playgrounds globally in memory of special individuals who have lost their lives. This group is especially known for constructing playgrounds in honor of the children lost in the Sandy Hook Elementary School tragedy. Where Angels Play will come to the Capital Region to build the playground in 2023 on the grounds of Saddlewood Elementary, where Charlie attended school. The playground will be open for the entire community whenever school is not in session.

The cost of this project is approximately 100,000 dollars and fundraising is underway. Please consider becoming a sponsor. Some advantages include:

- *Being aligned with the Capital Region's first ALL ability playground*
- *Being viewed as a leader of diversity, equity inclusion due to the nature of this project*
- *Being affiliated with press conferences and community events*

We are so excited to begin work as we can't wait to experience a playground that meets the needs of all children! Charlie gave so much to our world during her short time here, now we all have a chance to give back in her honor and put smiles on the faces of many children for years to come.