

**COHOES RELAYS
APRIL 25, 2026**

DEAR COACH,

**WE WOULD LIKE TO INVITE YOUR TEAMS TO THE
TWENTY- SIX ANNUAL COHOES RELAYS, TO BE HELD ON
SATURDAY APRIL 25, 2026
AT COHOES HIGH SCHOOL.**

- ** 8 LANE TRACK**
- ** TWO JUMPING PITS LONG AND TRIPLE**
- ** TWO SHOT PUT AND TWO DISCUS AREA'S**
- ** THREE ATHLETES ALL FIELD EVENTS**
- ** MEDALS TO TOP 6 TEAMS ALL EVENTS**

ALL ENTRIES ARE DUE ON MILESPLIT BY THURSDAY APRIL 23rd AT 10:00 P.M. SCRATCHES ARE DUE AT 8:30 ON THE DAY OF THE MEET.

ENTRY FEE :	BOYS TEAM	\$ 200.00
	GIRLS TEAM	\$ 200.00
	BOTH	\$ 300.00

**PLEASE ENCLOSE A CHECK OR VOUCHER WITH THE
BOTTOM PORTION OF THIS SHEET BY APRIL 11, 2026 TO:**

**COHOES HIGH SCHOOL TRACK AND FIELD CLUB INC.
COHOES HIGH SCHOOL
TIGER CIRCLE. ATTENTION: CLUB TREASURER
COHOES, NEW YORK 12047**

NAME OF SCHOOL _____ SCHOOL PHONE _____

WE WILL ATTEND BOYS _____ GIRLS _____

WE WILL NOT ATTEND _____

NAME OF BOYS COACH _____ PHONE _____

NAME OF GIRLS COACH _____ PHONE _____

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APRIL 25, 2026

9:00 A.M.

EVENT:

1. ALL FIELD EVENTS AND RUNNING EVENT BEGIN
2. VARSITY GIRLS 2000 METER STEEPLECHASE WITH WATER
3. VARSITY BOYS 3000 METER STEEPLECHASE WITH WATER
4. FROSH/SOPH GIRLS SWEDISH RELAY (100, 200, 300, 400)
5. FROSH/SOPH BOYS SWEDISH RELAY (100, 200, 300, 400)
6. VARSITY GIRLS SWEDISH RELAY (100, 200, 300, 400)
7. VARSITY BOYS SWEDISH RELAY (100, 200, 300, 400)
8. VARSITY GIRLS 4 X 800 M RELAY
9. VARSITY BOYS 4 X 800 M REALY
10. FROSH / SOPH 3 X 100 M HH GIRLS(30" ADD TIMES FOR PLACES)
11. VARSITY 3 X 100 M HH GIRLS (33" ADD TIMES FOR PLACES)
12. FROSH / SOPH 3 X 110 M HH BOYS (36" ADD TIMES FOR PLACES)
13. VARSITY BOYS 3 X 110 M HH (39" ADD TIMES FOR PLACES) .
14. VARSITY 4 X 200 M RELAY GIRLS
15. VARSITY 4 X 200 M RELAY BOYS
16. FROSH / SOPH SPRINT MEDLEY GIRLS (200, 100, 100, 400)
17. FROSH / SOPH SPRINT MEDLEY BOYS (200, 100, 100, 400)
- * 18. VARSITY SPRINT MEDLEY GIRLS (400, 200, 200, 800)
- * 19. VARSITY SPRINT MEDLEY BOYS (400, 200, 200, 800)
20. FROSH / SOPH 4 X 100 M RELAY GIRLS
21. FROSH / SOPH 4 X 100 M RELAY BOYS
22. VARSITY 4 X 100 M RELAY GIRLS
23. VARSITY 4 X 100 M RELAY BOYS
24. FROSH/SOPH GIRLS 3 X 400 IH (30" ADD TIMES FOR PLACES)
25. VARSITY GIRLS 3 X 400 IH (30" ADD TIMES FOR PLACES)
- 26 FROSH/SOPH BOYS 3 X 400 IH (33" ADD TIMES FOR PLACES)
- 27 VARSITY BOYS 3 X 400 IH (36" ADD TIMES FOR PLACES)
28. VARSITY DISTANCE MEDLEY GIRLS (1200, 400, 800, 1600)
29. VARSITY DISTANCE MEDLEY BOYS (1200, 400, 800, 1600)
30. FROSH / SOPH 4 X 400 M RELAY GIRLS
31. FROSH / SOPH 4 X 400 M RELAY BOYS
32. VARSITY 4 X 400 M RELAY GIRLS
33. VARSITY 4 X 400 M RELAY BOYS

IN THE STEEPLECHASE RACE 3 ENTRIES PER SCHOOL IN EACH RACE BOYS AND GIRLS.

- * **TOP 12 TEAMS WILL BE SEEDED, REMAINDER FROM WATERFALL**

NOTE: THIS MEET IS BEING CO-SPONSORED BY THE COHOES TRACK TEAMS AND THE CHS TRACK AND FIELD CLUB INC.

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FIELD EVENTS: THREE ATHLETES PER EVENT ADD DISTANCES FOR TEAM TOTALS. (SINGLE ATHLETES MAY ENTER)

- 1. P.V. – CONTINUOUS BAR
GIRLS START AT 6' 6", POLES CHECKED AT 8:30 A.M.
BOYS START AT 7' 6"**
- ** 2. HJ. - GIRLS START AT 3' 6" + 3", BOYS AT 4'6" + 3"
GIRLS HJ FOLLOWED BY BOYS HJ**
- 3 SHOT PUT BOYS FOLLOWED BY GIRLS**
- 4. DISCUS GIRLS FOLLOWED BY BOYS**
- 5. LJ - BOYS FOLLOWED BY GIRLS**
- 6. TJ - GIRLS FOLLOWED BY BOYS**

ENTRY INFORMATION

ENTRIES ARE DUE: TO MILESPLIT BY APRIL 23rd AT 10:00 P.M.

<u>ENTRY FEE:</u>	GIRLS	\$ 200.00
	BOYS	\$ 200.00
	BOTH	\$ 300.00

**PLEASE MAKE ALL CHECKS / VOUCHERS
PAYABLE TO AND SENT TO:**

**COHOES HIGH SCHOOL TRACK AND FIELD CLUB INC.
COHOES HIGH SCHOOL
TIGER CIRCLE ATTENTION: CLUB TREASURER
COHOES, NEW YORK 12047**

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GENERAL INFORMATION

- 1. TIMES WILL BE ADDED TOGETHER IN THE HURDLES TO DETERMINE PLACES, IF A TIE OCCURS, THE TEAM WITH THE FASTEST RUNNER WILL DETERMINE THE PLACE, IF STILL TIED, THE SECOND FASTEST RUNNER WILL DETERMINE THE PLACE.**
- 2. IN THE LONG JUMP AND TRIPLE JUMP THE COMBINED TOTAL OF THE THREE ATHLETES BEST JUMPS WILL DETERMINE THE PLACE. IF A TIE OCCURS THE TEAM WITH THE BEST INDIVIDUAL DISTANCE WILL DETERMINE THE PLACE. IF A TIE STILL OCCURS THE TEAM WITH THE SECOND BEST JUMP WILL DETERMINE PLACE. IF STILL A TIE THEN WE WILL ADD THE JUMPS (3) OF BOTH COMPETITORS TO DETERMINE THE PLACE. IN THE LONG AND TRIPLE THERE WILL BE 3 JUMPS, NO FINALS.**
- 3. IN THE POLE VAULT AND HIGH JUMP, THE COMBINED TOTAL HEIGHT OF THE THREE COMPETITORS WILL DETERMINE THE PLACE. IF A TIE OCCURS THE TEAM WITH THE BEST INDIVIDUAL HEIGHT WILL DETERMINE THE PLACE. IF THE TIE STILL OCCURS THE TEAM WITH THE FEWEST MISSES WILL DETERMINE THE PLACE**
- 4. IN THE SHOT PUT AND DISCUS THE COMBINED TOTAL OF THE THREE ATHLETES BEST THROW WILL DETERMINE THE PLACE. IF A TIE OCCURS THE TEAM WITH THE BEST INDIVIDUAL THROW WILL DETERMINE THE PLACE. IF THE TIE STILL OCCURS, THE TEAM WITH THE SECOND BEST INDIVIDUAL THROW WILL DETERMINE THE PLACE. IF A TIE STILL OCCURS WE WILL ADD THE 3 THROWS OF BOTH COMPETITORS TO DETERMINE THE PLACE. 3 THROWS, NO FINALS**
- 5. GIRLS MAY ENTER 4 EVENTS, BOYS MAY ENTER 4 EVENTS**
- 6. FROSH / SOPH MAY HAVE 7, 8 SELECTIVELY CLASSIFIED ATHLETES, 9TH AND 10TH GRADERS ONLY. AN ATHLETE CAN BE ENTERED IN A FROSH / SOPH AND A VARSITY EVENT AS LONG AS IT'S NOT THE SAME EVENT NUMBER. A JUNIOR OR SENIOR CANNOT COMPETE IN A FROSH / SOPH EVENT.**
- 7. ONLY 1/4" SPIKES OR LESS ARE ALLOWED.**

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- 8. STARTING BLOCKS WILL BE PROVIDED, BUT TO ASSURE WE HAVE ENOUGH PLEASE FEEL FREE TO BRING YOUR OWN**
- 9. THERE WILL BE A CONCESSION STAND DURING THE MEET.**
- 10. EACH SCHOOL MAY ENTER ONLY ONE TEAM IN EACH RELAY**
- 11. IN RACES WHERE THERE IS MORE THAN ONE HEAT, THE SLOWEST TIMES TO FASTEST TIMES WILL OCCUR.**
- 12. THERE WILL BE NO TEAM SCORING.**
- 13. T- SHIRTS WILL BE SOLD AT THE CONCESSION STAND.**

AWARDS

- 1. MEDALS WILL BE AWARDED TO THE TOP 6 TEAMS IN EACH RELAY.**
- 2. AWARDS MAY BE PICKED UP BY COACHES AFTER THE MEET IS COMPLETED.**

ANY QUESTIONS ABOUT THE MEET, YOU MAY CALL OR EMAIL

**KERRY WINTERS AT 845 430-9189
KWINTERS@COHOES.ORG**

**JEFF HUNEAU AT 518 237-9100 ext. 1405
JHUNEAU@COHOES.ORG**

**GENE CULNAN AT 518 765-2536
ECULNAN@NYCAP.RR.COM**

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