

**COHOES RELAYS  
APRIL 26, 2025**

DEAR COACH,

**WE WOULD LIKE TO INVITE YOUR TEAMS TO THE  
TWENTY-FIFTH ANNUAL COHOES RELAYS, TO BE HELD ON  
SATURDAY APRIL 26, 2025  
AT COHOES HIGH SCHOOL.**

- \*\*NEW 8 LANE TRACK AND ALL NEW JUMPING FACILITIES**
- \*\* TWO JUMPING PITS LONG AND TRIPLE**
- \*\* THREE ATHLETES ALL FIELD EVENTS**
- \*\* RETURN OF 400M IH RELAY**

**ALL ENTRIES ARE DUE ON MILESPLIT BY THURSDAY APRIL  
24<sup>th</sup> AT 10:00 P.M. SCRATCHES ARE DUE AT 8:30 ON THE DAY  
OF THE MEET.**

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

**PLEASE SEND A CHECK OR VOUCHER WITH THE BOTTOM  
PORTION OF THIS SHEET BY APRIL 5, 2025 TO:**

**CHS TRACK AND FIELD CLUB INC.  
C/O PATTY WHITING  
COHOES HIGH SCHOOL  
TIGER CIRCLE  
COHOES, NEW YORK 12047**

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**NAME OF SCHOOL \_\_\_\_\_ SCHOOL PHONE \_\_\_\_\_**

**WE WILL ATTEND BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_**

**WE WILL NOT ATTEND \_\_\_\_\_**

**NAME OF BOYS COACH \_\_\_\_\_ PHONE \_\_\_\_\_**

**NAME OF GIRLS COACH \_\_\_\_\_ PHONE \_\_\_\_\_**

**COHOES RELAYS**  
**APRIL 26, 2025**

**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 2 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 24<sup>th</sup> AT 10:00 P.M.**

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

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

**CHS TRACK AND FIELD CLUB INC.**  
**C/O PATTY WHITING**  
**COHOES HIGH SCHOOL**  
**TIGER CIRCLE**  
**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 T \*\*\*\*\*HROW WILL DETERMINE THE PLACE. IF A TIE STII 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, 9<sup>TH</sup> AND 10<sup>TH</sup> 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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