



Friday May 8th, 2026 4:00

A Compact Championship Caliber Competition
GREAT MUSIC SWEET SHIRTS FOOD TRUCKS
COACHES/OFFICIALS CONCIERGE TENT
COACHES 4x100m RELAY
***added a mixed/coed 4x400m Relay**

*****We limit the field to ensure a smooth competition*****

ENTRY INFO:

**Please EMAIL Coach Rob (clourobe@shenschools.org) ASAP to secure your spot!
(meet entry is password protected)**

[Enter on Milesplit](#) - Entries due May 7th THURSDAY 9:00am

Accepted entries will be posted on Thursday by 3pm

Cutoff for Seeded Mile and 1500m will be posted as well

Teams can enter **2 per individual event + 1 per relay**

To Enter 3rd (individual event): ALL entries must meet Bonus Standard

Verification of **discus** on Milesplit is required

Boys	Bonus (all 3)	Girls	Bonus (all 3)
110m Hurdles	17.50	100m Hurdles	17.50
400m Hurdles	63.00	400m Hurdles	70.00
100m	11.75	100m	13.00
200m	23.00	200m	27.00
400m	53.00	400m	63.00
800m	2:05.00	800m	2:24.00
Mile	4:40.00	1500m	5:00.00
High Jump	5-9	High Jump	4-9
Pole Vault	10-0	Pole Vault	8-0
Long Jump	19-6	Long Jump	16-0
Triple Jump	40-0	Triple Jump	33-0
Shot Put	44-0	Shot Put	30-0

3000/3200m, Discus, Steeplechases limited to top 18 entrants

Teams may be limited to 2 entries in these limited events

TBD based on total # of entries

Minimum measurements for Horizontal Jumps after 1st jumps

Girls: LJ - 15' TJ - 30'

Boys: LJ - 18' TJ - 38'

Opening Heights

High Jump: Girls 4-0 Boys 5-0

Pole vault: Girls 7-0 Boys 9-0

PAYMENT INFO:

1. \$250 per Gender \$400 Coed Blanket \$25 per individual \$40 per relay
2. Checks should be made payable to and mailed to

Shenendehowa CSD, 5 Chelsea Place, Clifton Park, NY 12065

*****This is an Entry Fee not a Participation Fee*****

*****Payment due by day of Meet*****

Failure to pay from prior year should be rectified prior to team acceptance into 2026 meet

MEET INFO:

1. **Fully Automatic Timing** **Results:** Live (Milesplit)
 2. **No additions will be made after the entries close (May 7th at 9:00am)**
 3. We will adhere to NYSPHSAA and NFHS rules
 4. Athletes may compete in up to 4 events
 5. We will have a trainer present for any medical needs
 6. **CLERKING:** Athletes will be able to finish final warmups on the turf after clerking.
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AWARDS:

1. Team scoring: top 2 teams in each gender will be awarded championship trophies.
 2. Scoring will be 10-8-6-5-4-3-2-1
 3. The top 8 individuals and relays will receive awards!
 4. Special Invite Events (Discus, 1500m, & Mile) will be awarded a unique award!
 5. Awards can be picked up anytime throughout the meet
Coaches are encouraged to pick up remaining hardware before departing!
*please be patient with our helpers immediately following the final relays
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DIRECTIONS:

970 Route 146 Clifton Park NY, 12065

There are 2 entrances:

a) Main Entrance is on left off Route 146 1.9miles from Exit

b) Is off of Moe Road.

Buses should drop off in main parking lot in front of High School East building

SHEN INVY 2026				
#	Heat s	Time	Event	Record
31	4	4:00	Girls 100m Hurdles Trials	
30	4	4:10	Boys 110m Hurdles Trials	
46	6	4:20	Girls 100m Trials	
55	7	4:30	Boys 100m Trials	
36	2	4:40	1500m (unseeded section)	
30	2	4:55	Mile (unseeded section)	
43	6	5:10	Girls 200m Trials	
50	7	5:20	Boys 200m Trials	
		5:30	National Anthem	Coach Savannah Gordon
13	1	5:35	“Legacy 1500m” (top entrants)	4:26.88 Hannah Reale (Shen) 2017
12	1	5:42	“Dynasty Mile” (top entrants)	4:18.48 Robert Becker (Kingston) 2017
	1	5:50	Boys 110m Hurdle Finals	14.41 Josiah Kemp (Colonie) 2018
	1	5:55	Girls 100m Hurdles Finals	14.36 Maia Rich (Kingston) 2024
	1	6:00	Girls 100m Finals	12.22 Kayla Meade (Cornwall) 2018
	1	6:00	Boys 100m Finals	10.73 Bergen Caprood (Queensbury) 2024
42	6	6:05	Girls 400m	56.41 Sarah Knowles (Shen) 2015
46	6	6:15	Boys 400m	48.01 Izaiah Brown (Amsterdam) 2015
48	4	6:25	Girls 800m	2:08.11 Alexandra O'Rourke (Burnt Hills) 2024
45	4	6:40	Boys 800m	1:53.63 Aidan Norris (Colonie) 2024
35	5	6:55	Girls 400m Hurdles	62.46 Maia Rich (Kingston) 2024
26	4	7:10	Boys 400m Hurdles	53.97 Jason Colindres (Shen) 2023
	1	7:20	Girls 200m Finals	24.75 Gabrielle Bozeth (Ballston Spa) 2025
	1	7:25	Boys 200m Finals	21.66 Izaiah Brown (Amsterdam) 2015
19	1	7:30	Girls 2000m Steeplechase	6:51.46 Karrie Baloga (Cornwall) 2019

17	1	7:45	Boys 3000m Steeplechase	9:27.60 Jayson Hines (Kingston) 2017
22	1	8:00	Girls 3000m	9:51.02 Abigail Spiers (Niskayuna) 2018
21	1	8:15	Boys 3200m	9:24.29 Noah Carey (Guilderland) 2015
16	2	8:30	Girls 4x100m Relay	48.19 Guilderland 2023
18	3	8:35	Boys 4x100m Relay	42.87 Colonie 2023
16	1	8:45	Girls 4x800m Relay	9:31.03 Shaker 2022
13	1	9:00	Boys 4x800m Relay	8:04.38 Bethlehem 2016
9	2	9:15	Coed Mixed 4x400m Relay	NEW!
15	2	9:25	Girls 4x400m Relay	4:00.04 Burnt Hills 2022
16	2	9:40	Boys 4x400m Relay	3:20.21 Amsterdam 2015
	1	9:50	Coaches 4x100m Relay	
	Flights		FIELD EVENTS	
30	3	4:00	Girls Long Jump	19'1 Alexandra Tudor (Shen) 2018
42	4	4:00	Boys Long Jump	22'4.75 Kevin Boudaud (Amsterdam) 2017
			<i>Separate Pits - Top 9 to Finals</i>	Minimum Mark: Girls 14' Boys 17'
32		4:00	Girls High Jump	5'4" Jaid Harrell (Kingston) Darcy-Lily Zwanka (Columbia) 2018
34		after girls	Boys High Jump	6'6" Ryan Buskey (Colonie) 2024
			<i>Starting heights 4', 5'</i>	
36	3	6:00	Girls Shot Put	44'5" Jill Shippee (Shen) 2017
54	4	4:00	Boys Shot Put	56-11' Braiden Pulver (Shen) 2024
			<i>Top 9 to Finals, Finals on the Turf! (weather dependent)</i>	
18		4:00	Girls Discus	131'7" Jessica Craven (Shen) 2015
18		after girls	Boys Discus	188'7" Alessandro Saltsman (Fonda-Fult.) 2022
			<i>Top 9 to Finals</i>	
15		4:00	Girls Pole Vault	12'6" Alana Carroll (Averill Park) 2017
23			Boys Pole Vault	14'8" Carter Petersen (Fonda-Fult.) 2022
			<i>Continuous Bar - girls start at 7'; boys can begin at 9'</i>	

27	3	after LJ	Girls Triple Jump	37'10.5" Alexandra Tudor (Shen) 2018
37	3	after LJ	Boys Triple Jump	47'4.25" Ronnel Forde (Shaker) 2015
			<i>Separate Pits - Top 9 to Finals</i>	