

CHSAA Season Opener
Saturday, March 28, 2026

Icahn Stadium, Randall's Island – 2 events only for both Boys & Girls

Time	Tentative Running Events Schedule
10:00	Girls Varsity 400 Meter Hurdles – 2 heats
10:05	Boys Varsity 400 Meter Hurdles – 4 heats
10:15	Girls Freshmen 1500 Meter Run – 1 heat
10:20	Girls Varsity 1500 Meter Run – 2 heats
10:35	Boys Freshmen 1600 Meter Run – 2 heats
10:50	Boys Sophomore 1600 Meter Run – 2 heats
11:00	Boys Varsity 1600 Meter Run – 3 heats
11:15	Girls Varsity 100 Meter Hurdles – 1 heat
11:20	Freshmen Boys 110 Meter Hurdles – 1 heat
11:25	Boys Varsity 110 Meter Hurdles – 3 heats
11:30	Girls Freshman 100 Meter Dash – 9 heats
11:35	Girls Varsity 100 Meter Dash – 14 heats
11:45	Boys Freshmen 100 Meter Dash – 10 heats
11:55	Boys Sophomore 100 Meter Dash – 9 heats
12:05	Boys Varsity 100 Meter Dash – 9 heats
12:10	Girls Freshmen 400 Meter Dash – 4 heats
12:20	Girls Varsity 400 Meter Dash – 8 heats
12:30	Boys Freshmen 400 Meter Dash – 10 heats
12:45	Boys Sophomore 400 Meter Dash – 9 heats
1:00	Boys Varsity 400 Meter Dash – 11 heats
1:10	Girls Freshmen 800 Meter Run – 2 heat
1:20	Girls Varsity 800 Meter Run – 3 heats
1:30	Boys Freshmen 800 Meter Run – 2 heats
1:35	Boys Sophomore 800 Meter Run – 2 heats
1:40	Boys Varsity 800 Meter Run – 3 heats
1:55	Girls Freshmen 200 Meter Dash – 11 heats
2:05	Girls Varsity 200 Meter Dash – 19 heats
2:20	Boys Freshmen 200 Meter Dash – 14 heats
2:35	Boys Sophomore 200 Meter Dash – 12 heats
2:45	Boys Varsity 200 Meter Dash – 15 heats
2:55	Girls Freshmen 1600 Meter Relay – 1 heat
3:00	Girls Varsity 1600 Meter Relay – 2 heats
3:10	Boys Freshmen 1600 Meter Relay - 1 heat
3:15	Boys Sophomore 1600 Meter Relay – 1 heat
3:20	Boys Varsity 1600 Meter Relay – 1 heat

	Throws – all event 3 throws/jumps no finals
10:00	Girls Varsity Discus – 2 flights
11:15	Boys Varsity Discus to follow Girls – 5 flights
10:00	Boys Varsity Javelin Throw – 5 flights
12:30	Girls Varsity Javelin Throw to follow the Boys – 1 flight
10:00	Boys Freshmen Shot Put – 1 flight
11:15	Girls Varsity Shot Put to follow Freshmen Boys –2 flights
12:30	Boys Varsity Shot Put to follow Girls – 5 flights
10:00	Boys & Girls Varsity Long Jump
12:30	Boys & Girls Varsity Triple Jump

10:00	Boys Varsity High Jump – 10 athletes
11:30	Boys Freshman High Jump combined with Girls Varsity High Jump 8/9
10:00	Boys Freshmen Pole Vault combined with Girls Varsity Pole Vault 2/6
11:45	Boys Varsity Pole Vault to follow Freshmen 5

An updated time schedule will be sent after entries close.

CHSAA Season Opener at Icahn Stadium

Saturday, March 8, 2026

School: _____

Coach: _____

Individuals

Girls 400 Meter Hurdles	_____
Girls Freshman 1500 Meter Run	_____
Girls Varsity 1500 Meter Run	_____
Girls Frosh 100 Meter Dash	_____
Girls Varsity 100Meter Dash	_____
Girls 100 Meter Hurdles	_____
Girls Frosh 200 Meter Dash	_____
Girls Varsity 200 Meter Dash	_____
Girls Frosh 400 Meter Dash	_____
Girls Varsity 400 Meter Dash	_____
Girls Freshman 800 Meter Run	_____
Girls Varsity 800 Meter Run	_____
Girls Discus	_____
Girls Javelin	_____
Girls Shot Put	_____
Girls Long Jump	_____
Girls Pole Vault	_____
Girls High Jump	_____
Girls Triple Jump	_____

Relays

Girls Freshman 1600 Meter Relay	_____
Girls Varsity 1600 Meter Relay	_____

ENTRIES CLOSE: Wednesday, March 22nd at midnight on milesplit-ny.

of 4 person relays _____ @ \$ 24 = \$ _____

of Individuals _____ @ \$ 6 = \$ _____

TOTAL ENTRY:\$ _____

MAKE CHECKS PAYABLE TO: CHSAA Track

Mail Entry to:

Louis Vazquez

209A Windsor Place

Brooklyn, NY 11215

Meet Director:

Stephanie Irvin

Email: Slrvin@CardinalSpellman.org

Phone: 917-494-5436

Fax: 718-515-6615

Coaches Instructions

1. **Entries close on MileSplit-NY for the CHSAA Season Opener is Tuesday, March 19, at midnight. No athlete will be allowed to compete that is not entered in the meet.**
2. Athletes may only compete in two events
3. Opening Heights: **Vars Boys PV 8'0**
Freshman Boys 6'6"
Varsity Girls PV 6'0
Vars Boys HJ 5'2"
Freshman Boys HJ 4'6"
Vars. Girls HJ 4'2"
4. All warming up should take place outside the stadium when the first running events begins.
5. No athletes should be on the field or track unless they are competing in an event.
6. Athletes should not cross the field at any time, as javelin and discus will be contested there.
7. Medals can be picked up from the results table located on the third floor
8. Awards – Top 5 in all events.