

# 2026

## VESTAL GOLDEN BEAR MIXED RELAYS

Dear Coach,

The Vestal Varsity Track and Field Team is pleased to invite your team to participate in the VESTAL GOLDEN BEAR MIXED (BOY/GIRL) RELAYS. The event will be held on Friday, May 8<sup>th</sup> at 4:30 p.m. in Vestal's Dick Hoover Stadium.

The relays will be made up of combined boy/girl teams. The Running Relay Teams will be made up of a combination boy, girl, boy, girl and vice versa. The Field Event Relay Teams will be made up of a combination boy and girl. Two Teams from each school may be entered in the Field Events Relays with both capable of team scoring.

It should be noted that boys will compete against boys and girls will compete against girls in each leg of the relay. Baton handoffs will take place in all relays except the 3200 meter steeplechase and the shuttle hurdles.

T-shirts will be awarded to the top 2 teams in each event. Ribbons through 6<sup>th</sup> place and a team trophy to the highest scoring team.

Registration will be on [ny.milesplit.com](http://ny.milesplit.com) under Vestal Golden Bear Mixed Relays.

**The entry fee will be \$225 per school team. For teams bringing less than 5 EVENTS will be prorated at \$20 per event. (not athlete) Please make checks or vouchers payable to Vestal Flyers Booster Club and sent to Vestal High School c/o Jim Cerra, Head Track and Field Coach.**

Please make your intentions known by calling me: (Home) 607-625-4903, (Cell) 607-727-0170 or email [jcerra1@stny.rr.com](mailto:jcerra1@stny.rr.com)

Please notify us by Wednesday, April 15, 2026.

We look forward to seeing you at the VESTAL GOLDEN BEAR MIXED RELAYS.

Yours in Track,  
Jim Cerra  
Head Coach

# VESTAL GOLDEN BEAR MIXED RELAYS 2026

## ORDER OF EVENTS

- |  |                          |
|--|--------------------------|
| <b>1. 4 X 800 METER STEEPLECHASE RELAY</b><br>Girls' height of barrier for the race<br>Break line, no baton pass   | <b>GIRL-BOY-GIRL-BOY</b> |
| <b>2. SHUTTLE HURDLE REALY</b><br>Hurdles will be the correct height and distance with a break line. No baton pass | <b>BOY-GIRL-BOY-GIRL</b> |
| <b>3. 1600 METER SPRINT MEDLEY</b><br>400-200-200-800<br>Baton passed in normal zone                               | <b>GIRL-BOY-GIRL-BOY</b> |
| <b>4. 400 METER RELAY</b><br>Normal exchange zone baton pass   | <b>BOY-GIRL-BOY-GIRL</b> |
| <b>5. DISTANCE MEDLEY RELAY</b><br>1200-400-800-1600<br>Baton passed in normal zone                                | <b>GIRL-BOY-GIRL-BOY</b> |
| <b>6. 800 METER SPRINT MEDLEY</b><br>200-100-100-400<br>Baton passed in normal zone                                | <b>BOY-GIRL-BOY-GIRL</b> |
| <b>7. 3200 METER RELAY</b><br>Baton passed in normal zone  | <b>GIRL-BOY-GIRL-BOY</b> |
| <b>8. SWEDISH RELAY</b><br>100-200-300-400   | <b>BOY-GIRL-BOY-GIRL</b> |
| <b>9. 6400 METER RELAY</b><br>Baton passed in normal zone  | <b>GIRL-BOY-GIRL-BOY</b> |
| <b>10. 800 METER RELAY</b><br>Baton passed in normal zone  | <b>BOY-GIRL-BOY-GIRL</b> |
| <b>11. 1600 METER RELAY</b><br>Baton passed in normal zone   | <b>GIRL-BOY-GIRL-BOY</b> |

**2 FIELD TEAMS ALLOWED PER SCHOOL**

**BOY TEAM A SCORES WITH GIRL TEAM A, BOY B WITH GIRL B**

BOYS SHOT FOLLOWED BY GIRLS SHOT

GIRLS DISCUS FOLLWED BY BOYS DISCUS

GIRLS HIGH JUMP MAT 1

GIRLS LONG JUMP PIT 1

GIRL TRIPLE JUMP FOLLOWS LONG PIT 1

GIRLS POLE VAULT FOLLOWED BY BOYS POLE VAULT

BOYS HIGH JUMP MAT 2

BOYS LONG JUMP PIT 2

BOYS TRIPLE JUMP FOLLOWS LONG PIT 2