Colgate Women's Games



About Colgate Women's Games

From Olympic podiums and courtrooms, classrooms and boardrooms, Colgate Women's Games (CWG) alumnae lead at every level. Many return year after year as officials, eager to invest back into the community that helped launch their success.

While rooted in elite track and field, our mission extends far beyond the finish line. We harness the power of sport to drive educational success, awarding scholarships that empower young women to pursue higher education. As a premier talent pipeline, our meet draws top university recruiters nationwide, making our participants some of the most sought-after student-athletes in the country.

In an era where funding for girls' after-school programs continues to decline, Colgate Women's Games provides a safe, empowering, and transformative space. Supported by Colgate-Palmolive - a caring, innovative growth company committed to reimagining a healthier future for all - we offer young women a community where they can thrive, compete and build a brighter future.

Event Locations

The Nike Track & Field Center at The Armory
(Registration Day #1 + All Meets)

216 Fort Washington Avenue
New York, NY 10032
between West 168th & West 169th St.

OR

Pratt Institute
(Registration Day #2 Only)

Student Union Building
200 Willoughby Avenue
Brooklyn, NY 11205
between Hall St. & Emerson Pl.

Season 51 Meet Schedule

Saturday Nov 28, 2026 OR	**REGISTRATION Day #1** **Competitor Packet Pickup** 9am-3pm *Doors open at 9am*	It is not required to attend both Registration Days.
Saturday Dec 12, 2026	**REGISTRATION Day #2*** **Competitor Packet Pickup** 9am-3pm *Doors open at 9am*	*Note the different location! Pratt Institute, Student Union Building 200 Willoughby Avenue, Brooklyn, NY
Sunday Dec 27, 2026	**PRELIMINARY MEET #1**	
	AM Session 9am-2pm *Doors open at 7:30am*	Elementary A Elementary B, and Middle School divisions
	PM Session 2pm-7pm *Doors open at 12:30pm*	High School, College/Open, and 30's Plus divisions
Sunday Jan 3, 2027	**PRELIMINARY MEET #2**	
	AM Session 9am-2pm *Doors open at 7:30am*	Elementary A Elementary B, and Middle School divisions
	PM Session 2pm-7pm *Doors open at 12:30pm*	High School, College/Open, and 30's Plus divisions
Sunday Jan 24, 2027	**SEMI-FINALS** 9am-4pm *Doors open at 7:30am*	**One session for all divisions** *Competition open to all point scorers*
Saturday Feb 6, 2027	**FINALS** 11am-4pm *Doors open at 9:30am*	**One session for all divisions** *Competition open to eligible point scorers*

Events

ELEMENTARY SCHOOL DIVISION A 55-meter dash 200-meter dash 400-meter dash 800-meter run High jump	**ELEMENTARY SCHOOL DIVISION B** 55-meter dash 55-meter hurdles 200-meter dash 400-meter dash 800-meter run High jump
MIDDLE SCHOOL DIVISION 55-meter dash 55-meter hurdles 200-meter dash 400-meter dash 800-meter run 1500-meter run High jump Shot put	**HIGH SCHOOL DIVISION** 55-meter dash 55-meter hurdles 200-meter dash 400-meter dash 800-meter run 1500-meter run High jump Shot put
COLLEGE OPEN DIVISION 55-meter dash 55-meter hurdles 200-meter dash 400-meter dash 800-meter run 1500-meter run High jump Shot put	**30's PLUS DIVISION** 200-meter dash 1500-meter run (Note: 30's Plus athletes may also enter College/Open events not listed above. See Rule 9.)

HURDLES SPECIFICATIONS:

DIVISIONS: Elementary B, Middle School Height: 30" Distance from start to first hurdle: 12 meters Distance between hurdles: 7.5 meters Distance from last hurdle to finish: 13 meters Total number of hurdles: 5	**DIVISIONS: High School, College/Open** Height: 33" Distance from start to first hurdle: 13 meters Distance between hurdles: 8.5 meters Distance from last hurdle to finish: 8 meters Total number of hurdles: 5

SHOT PUT SPECIFICATIONS:

DIVISIONS: Middle School: 6 lbs High School, College/Open: 4 Kilos (8.8 lbs)

Frequently Asked Questions

WHAT IS COLGATE WOMEN'S GAMES' MISSION?

Our goal is to empower young girls and women to realize their dreams by building confidence and developing a strong sense of accomplishment through organized sports and education.

AM I ELIGIBLE?

All girls and young women, 1st grade and up, who can attend and participate in the preliminaries at The Armory Track in New York City are eligible. No experience in track and field is necessary, but all girls of school-age must be enrolled and attending school in order to participate.

CWG will follow applicable state or local school district regulations and guidelines with respect to school-age girls, including transgender girls, who would like to participate in Colgate Women's Games. With respect to college-age or older transgender athletes, CWG will follow the NCAA Participation Policy for Transgender Student-Athletes. Links to those guidance documents can be found below:

NYS Public High School Athletic Association (NYSPHSAA) Transgender Guidelines

NCAA Participation Policy for Transgender Student-Athletes

WHY TRACK AND FIELD?

Track and field teaches drive, determination and commitment; it provides structure and a physical outlet for the health and mental well-being of experienced and novice athletes alike. No expensive equipment is required. Most importantly: it's fun.

WHAT ARE THE AGE/GRADE DIVISIONS?

Competition is divided into six age or grade divisions: Elementary A (grades 1 through 3), Elementary B (grades 4 through 5), Middle School (grades 6 through 8), High School (grades 9 through 12), College/Open and 30's Plus.

WHAT ARE THE EVENTS?

There are eight events: 55-meter dash, 55-meter hurdles, 200-meter dash, 400-meter dash, 800-meter run, 1,500-meter run, high jump and shot put, depending on grade division.

IS COLGATE WOMEN'S GAMES A USATF-SANCTIONED EVENT?

Yes! Beginning with Season 51, Colgate Women's Games is officially a USA Track & Field (USATF)-sanctioned event. This means that eligible performances achieved at CWG meets may now be recognized for national rankings, record consideration, and qualifying standards for championship meets and other sanctioned competitions. This designation elevates the profile of our meet while ensuring that our competitors' achievements are officially recognized on a national level. Participants can learn more at usatf.org/sanctions.

HOW MUCH DOES IT COST TO PARTICIPATE?

Participation is FREE! All participants who compete receive a complimentary competitor's t-shirt, a family care package with Colgate-Palmolive health and hygiene products, and a commemorative ribbon.

WHO IS THE FOUNDER?

Brooklyn's Fred Thompson founded Colgate Women's Games in 1974 with the generous support of Colgate-Palmolive Company, which has remained the program's title sponsor for over 50 years. Thompson was a US Olympic Track Team coach, founder of the Brooklyn Atoms Track Club, a US attorney and a sportscaster for ABC Television. He also served as the Colgate Women's Games' Meet Director for forty years through 2014.

WHO IS THE DIRECTOR?

Cheryl Toussaint is an Olympic medalist and original member of Thompson's Brooklyn Atoms Track Club. She has been involved with Colgate Women's Games since its inception; first as a competitor, then an official – before becoming the Assistant Meet Director in 1999. In 2014, she took the reins from Thompson and still serves as the Colgate Women's Games Meet Director today. Toussaint is also a successful businesswoman and founded Tousse Apparel along the way.

WHERE ARE THE MEETS?

Registration Day #1, Preliminaries, Semi-Finals and Finals are held at

The Nike Track & Field Center at The Armory
216 Fort Washington Avenue
New York, NY 10032

Registration Day #2 is held at

The Pratt Institute Student Union Building
200 Willoughby Avenue
Brooklyn, NY 11205

DO YOU AWARD EDUCATIONAL SCHOLARSHIPS?

In addition to trophies, ribbons and medals, Colgate-Palmolive Company awards over one hundred educational scholarships each year. To access the scholarship redemption form click here, or email info@colgatewomensgames.com for the link.

WHO IS THE SPONSOR?

Colgate-Palmolive Company is a caring, innovative growth company that is reimagining a healthier future for all people, their pets and our planet. Focused on Oral Care, Personal Care, Home Care and Pet Nutrition, we sell our products in more than 200 countries and territories under brands such as Colgate, Palmolive, Ajax, Axion, Darlie, elmex, EltaMD, Fabuloso, Filorga, hello, Hill's Prescription Diet, Hill's Science Diet, Irish Spring, Lady Speed Stick, meridol, PCA SKIN, Prime100, Protex, Sanex, Softsoap, Sorriso, Soupline, Speed Stick, Suavitel and Tom's of Maine. We are recognized for our leadership and innovation in promoting sustainability and community wellbeing, including our achievements in decreasing plastic waste and promoting recyclability, saving water and improving children's oral health through our Colgate Bright Smiles, Bright Futures program, which has reached approximately two billion children and their families since 1991. For more information about Colgate-Palmolive and how we make more smiles, visit www.colgatepalmolive.com.

WHERE CAN I FIND OUT MORE ABOUT COLGATE-PALMOLIVE'S VARIOUS PROGRAMS, INCLUDING COLGATE WOMEN'S GAMES?

Get in touch with us at info@colgatewomensgames.com