

**The**  
**NISKY**  
**ELITE**  
**5000**

**Friday, April 19<sup>th</sup>**

**At the Conclusion of the Medley Relay Challenge**

**Niskayuna High School**

January 23, 2024

Coaches,

We are excited to announce the first ever Nisky Elite 5000 meters to be held at Niskayuna HS on Friday, April 19, 2024. The girls race will start shortly after the conclusion of the Medley Relays, under the lights! We are looking for the top 25 athletes from across New York State to contest the twelve and a half laps on our new 8 lane track here in Section 2.

The minimum standards are as follows:

**GIRLS**

XC 5K: 19:20                      3000: 10:30                      3200: 11:20

**BOYS**

XC 5K: 16:15                      3000: 9:00                      3200: 9:40

Meeting these standards does not guarantee acceptance. We will take the top 25 entries that have verifiable marks to be entered into the meet. Entries close on April 14, 2024 at 9:00 PM, and the accepted entries will be posted thereafter.

There will be no entry fee to this race. We want the best of the best to come together for a high quality distance race. We do ask that each school that has an accepted entry, make a donation to the Tracksmith Foundation, to help underprivileged youth to be able to enjoy the sport of track and field!

Schools that have an athlete from either gender accepted into the meet, will be eligible for a reduced entry fee to bring their team to the Friday Medley Relay Challenge and/or Saturday's Niskayuna Spring Classic.

The fee structure for these schools will be as follows:

Friday Medley Relays ONLY

Single Gender Team: \$75                      Co-ed Team:     \$125

Saturday Niskayuna Spring Classic ONLY:

Single Gender Team: \$150                      Co-ed Team:     \$300

Attending BOTH Meets:

Single Gender Team: \$200                      Co-ed Team:     \$350

The meet is live on MileSplit now at:

<https://ny.milesplit.com/meets/591173-nisky-elite-5000-2024/info>

If you have any questions, please contact Jason DeRocco at [jderocco@niskyschools.org](mailto:jderocco@niskyschools.org) or call 518-423-7511. We hope that you are able to join us for this fun and unique opportunity! Best of luck with your indoor and outdoor seasons!