

INTRODUCING THE 15<sup>TH</sup> ANNUAL  
NISKAYUNA XC EKIDEN  
SATURDAY, SEPTEMBER 2<sup>ND</sup> AT 9:30 AM  
IROQUOIS MIDDLE SCHOOL  
[HTTP://WWW.NISKYTRACK.ORG](http://www.niskytrack.org)

You and your team are cordially invited to the 15<sup>th</sup> Annual Niskayuna XC Ekiden. This meet is designed to give your runners a fun and unique way to start the season as no athlete will run more than 1.55 miles. It should serve as a good introduction to the sport of cross country.

**DATE:** Saturday, September 2, 2023

**TIME:** 9:30 AM

**WHERE:** Iroquois Middle School, Niskayuna, NY 12309

**Athletes:** This is a co-ed meet.

**Facility:** The middle school and neighboring River Road Park offer a variety of terrain including grass, packed trails, and stone dust trails. There are no severely steep hills, but enough rolling terrain to get a good workout. Bathroom facilities are available at the school and park pavilion, portable facilities may also be available. Spikes are optional due to the small/medium stones that are on the trails. T-Shirts will be on sale for \$20.

**Format:** Each school is allowed an unlimited number of 3 person teams for varsity/JV and 3 person freshman teams. All incomplete teams will also run in the team race where their split times will be recorded. The meet is a relay style event where freshman and younger run 1 mile legs and JV and Varsity run 1.5 mile legs. A sash rather than baton will be exchanged at the end of each leg. Schools are encouraged to make their own creative designed sash for each team entered.

**Entries:** Will be handled on MileSplit. Make sure you have a current MileSplit account. All timing will be handled by Underdog Timing.

Rules: National Federation rules will be applied. The New York State jewelry rule will also be in effect. Watches **MAY** be worn in cross-country.

Scoring: Fastest relay wins! The meet will not be scored in the traditional XC format. There are no team scores in this event.

Awards: Top 10 Varsity girls and boys teams will receive custom medals. Places 11-20 in each event will receive custom ribbons. The top 3 freshman team will receive medals and places 4-20 will receive ribbons.

Fees: \$100 for single gender, \$150 for co-ed teams. The fee should be made payable to **Niskayuna High School** and sent to:

Niskayuna High School  
c/o Jason DeRocco  
1626 Balltown Road  
Niskayuna, NY 12309

Any questions??? You may call Jason DeRocco at 518-423-7511 or email at [jderocco@niskyschools.org](mailto:jderocco@niskyschools.org).

Meet Website: <http://www.niskytrack.org>

Niskayuna Ekiden  
9-2-2023  
Co-Ed Invitational

School Name \_\_\_\_\_

Coach's Name(s) \_\_\_\_\_

E-Mail Address(es) \_\_\_\_\_

School Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Please check one:

\_\_\_\_\_ Yes, we will participate in the Nisky Ekiden

\_\_\_\_\_ No, we won't be participating, but keep us on the mail list

Please e-mail, mail or fax intention sheet with proper payment to:

Niskayuna HS  
c/o Jason DeRocco  
1626 Balltown Road  
Niskayuna, NY 12309  
518-423-7511  
jderocco@niskyschools.org

PLEASE MAIL OR EMAIL THIS FORM WITH VOUCHER OR CHECK  
PAYABLE TO **Niskayuna High School** BY

August 31, 2023

\$100 for single gender, \$150 for coed teams

**2023 NISKAYUNA XC EKIDEN  
SEPTEMBER 2, 2023**

**ORDER OF EVENTS:**

**7:00 AM COURSE OPEN FOR INSPECTION**

**9:30 AM GIRLS FRESHMAN RACE**

**3 ATHLETES PER TEAM, 1 MILE LEGS**

**10:00 AM BOYS FRESHMAN RACE**

**3 ATHLETES PER TEAM, 1 MILE LEGS**

**10:30 AM GIRLS RACE**

**3 ATHLETES PER TEAM, 1.5 MILE LEGS**

**11:30 AM BOYS RACE**

**3 ATHLETES PER TEAM, 1.5 MILE LEGS**

**SCHOOLS MAY ENTER AN UNLIMITED NUMBER OF 3 MEMBER VARSITY/JV TEAMS, AND 3 MEMBER FRESHMAN TEAMS. INCOMPLETE TEAMS WILL RUN IN THE TEAM RACE BUT ARE NOT ELIGIBLE FOR AWARDS. TIMES ARE APPROXIMATE AND WILL BE MOVED UP WHENEVER POSSIBLE.**