

Announcing the 12th Annual/

**Niskayuna Medley Relay
Challenge**

Friday, April 21, 2023

4:30 PM

Mohonasen High School

Shuttle Hurdle Relay

1600 meter sprint medley

800 meter sprint medley

DMR

1000 meter Swedish Relay

Order of Events:

Meet begins at 4:30 PM

Girls 3x100 meter shuttle hurdle relay

Boys 3x110 meter shuttle hurdle relay

Girls 1600 meter SMR (200-200-400-800)

Boys 1600 meter SMR (200-200-400-800)

Girls 800 meter SMR (100-100-200-400)

Boys 800 meter SMR (100-100-200-400)

Girls DMR (1200-400-800-1600)

Boys DMR (1200-400-800-1600)

Girls Swedish Relay (100-200-300-400)

Boys Swedish Relay (100-200-300-400)

Awards will be presented to the top 8 teams in each race.
There will be no team scoring.

NEW: You may enter an unlimited amount of relay teams.
All are eligible for awards.

Entries must be submitted through your team's MileSplit
account.

We are pleased to announce that Underdog Race Timing
will be handling FAT duties this year, and that Live Results
will be posted on the MileSplit Meet Page.

Medley Relay Challenge

Meet Records

BOYS	EVENT	GIRLS
Colonie 2019 1:36.51	800 SMR	Niskayuna 2019 1:50.88
LaSalle Institute 2022 3:33.36	1600 SMR	Niskayuna 2018 4:18.87
Kingston 2017 10:36.9h	DMR	Niskayuna 2019 12:41.72
Christ the King 2016 2:01.11	Swedish	Niskayuna 2019 2:21.55
Colonie 2019 47.31	Shuttle Hurdles	Ballston Spa 2015 52.49

Niskayuna Medley Relay Challenge
Friday 4-21-2023
Declaration Form

School Name _____

Coach's Name _____

e-mail address _____

School Address _____

Phone _____ Fax _____

_____ We will participate in the relay challenge!

_____ We also will enter the Warrior Classic

_____ BOYS _____ GIRLS

Please mail OR email this intention sheet with check payable to
Niskayuna Student Congress/Track to:

Niskayuna High School
c/o Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309
jderocco@niskyschools.org

Niskayuna Medley Relay Challenge
Friday 4-21-2023

2023 Fee Structure

Medley Relays ONLY:

Coed Team \$150

Single Gender \$100

Warrior Track Classic ONLY:

Coed Team \$300

Single Gender \$175

If competing in BOTH:

Coed Team \$375

Single Gender \$250