

*ANNOUNCING THE 14TH ANNUAL
WARRIOR TRACK CLASSIC*
SATURDAY, APRIL 22ND , 2023 AT 9:15 AM
MOHONASEN HIGH SCHOOL
[HTTP://WWW.NISKYTRACK.ORG](http://www.niskytrack.org)

You and your team are cordially invited to the 14th Annual Warrior Track Classic Invitational. This co-ed meet will have plenty of competition to give you and your team a good idea of the early season form of your athletes. Teams from all across the Northeast are receiving invitations to this meet. We are going eight deep in all events for awards. We hope you will consider joining us!

DATE: April 22, 2023

TIME: 9:15 AM

WHERE: **Mohonasen High School**

Athletes: This is a co-ed meet.

Facility: The track is an 8 lane all-weather facility. Bathroom facilities are available at the track. Blocks will be provided. Please use ¼" spikes or less. We hope to have a trainer on site. There will be a concession stand available for your athletes. T-Shirts will be on sale for \$20.

Format: Each school is allowed 3 entries per event and one relay.

Entries: We will be using Hy-Tek Meet Manager and results will be posted on line at the conclusion of the meet. ***All entries must be input into your team's MileSplit account by Thursday, April 20.*** We are pleased to announce that Underdog Timing will providing FAT results and will be posting them live through MileSplit. Make sure your athletes stay away from the finish area to avoid interference with the timing system.

The meet is password protected. To obtain the password, please email Jason DeRocco at jderocco@niskyschools.org.

Scratches ONLY may be made up until 8:30 AM the day of the meet.

Rules: National Federation rules will be applied.

Scoring: 10-8-6-5-4-3-2-1 in both individual events and relays.

Awards: Top 8 in each event will receive custom medals. Team trophies to the top 3 boys and girls teams. Individual and relay champions will receive T-shirts

Fees: \$175 for a single gender school, \$300 for co-ed teams. Single entries are accepted at \$15 per event. **If you entered relays for the Medley Relay Challenge on April 21, 2023 the total fee will be \$250 for a single gender squad or \$375 for a co-ed team.** The fee should be made payable to TBA and sent to:

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

Officials: We hope to have 10 certified officials for this meet.

Any questions??? You may call Jason DeRocco at 518-423-7511 or email to jderocco@niskyschools.org.

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

ORDER OF EVENTS
SATURDAY, APRIL 22, 2023

FIELD EVENTS BEGIN AT 9:15 am

ALL EVENTS ARE FLIGHTED WITH 3 JUMPS OR THROWS

The top 9 in each event will advance to the finals and receive 3 more attempts.

TIMES ARE APPROXIMATE AND WILL BE MOVED UP AS MUCH AS POSSIBLE.

9:15 am

GIRLS TRIPLE JUMP

BOYS LONG JUMP

GIRLS SHOT PUT

BOYS DISCUS

BOYS HIGH JUMP (STARTING HEIGHT 5' 0" INCREMENTS OF 3" UNTIL 5' 6"
THEN UP BY 2")

GIRLS POLE VAULT (STARTING HEIGHT 6' 0" INCREMENTS OF 6")

The following events will be begin as soon as possible after the above events have been concluded:

GIRLS LONG JUMP

BOYS TRIPLE JUMP

GIRLS DISCUS

BOYS SHOT PUT

GIRLS HIGH JUMP (STARTING HEIGHT 4' 0" INCREMENTS OF 3" UNTIL 4' 6"
THEN UP BY 2")

BOYS POLE VAULT (STARTING HEIGHT 8' 0" INCREMENTS OF 6")

TRACK EVENTS BEGIN AT 9:30 am (EVENTS NOT NECESSARY WILL BE SCRATCHED). TIMES ARE APPROXIMATE, MEET WILL MOVE AHEAD OF SCHEDULE WHEREVER POSSIBLE.

PRELIMINARIES

**9:30 am: BOYS 110 METER HURDLE SEMI-FINALS
GIRLS 100 METER HURDLE SEMI-FINALS
GIRLS 3000 METERS (all sections, including the seeded section)
BOYS 3000 METERS (all sections, including the seeded section)
GIRLS 100 METER DASH SEMI-FINALS
BOYS 100 METER DASH SEMI-FINALS
GIRLS UNSEEDDED 1500 METERS (sections)
BOYS UNSEEDDED 1500 METERS (sections)
GIRLS 200 METER DASH SEMI-FINALS
BOYS 200 METER DASH SEMI-FINALS**

FINALS AND NATIONAL ANTHEM

ALL SECTIONS WILL BE RUN SLOW TO FAST

GIRLS 4 X 800 RELAY (sections)	BOYS 4 X 800 RELAY (sections)
GIRLS 100 M HH FINALS	BOYS 110 M HH FINALS
GIRLS 100 M DASH FINALS	BOYS 100 M DASH FINALS
GIRLS SEEDED 1500 M RUN	BOYS SEEDED 1500 M RUN
GIRLS 4 X 100 RELAY (sections)	BOYS 4 X 100 RELAY (sections)
GIRLS 400 M DASH (TIMED FINAL)	BOYS 400 M DASH (TIMED FINAL)
GIRLS 400 M IH (TIMED FINAL)	BOYS 400 M IH (TIMED FINAL)
GIRLS 800 M RUN (sections)	BOYS 800 M RUN (sections)
GIRLS 200 M DASH FINALS	BOYS 200 M DASH FINALS
GIRLS 2000 M Steeplechase	BOYS 3000 M Steeplechase
GIRLS 4 X 400 RELAY (sections)	BOYS 4 X 400 RELAY (sections)

**Warrior Track and Field Classic
Boys Meet Records**

EVENT	NAME	SCHOOL	MARK	DATE
100 Meters	Michael Hermance	Colonie	10.82	4/13/2019
200 Meters	Jessie Parson	New Rochelle	22.13	4/13/2019
400 Meters	Izaiah Brown	Amsterdam	49.02	4/20/2013
800 Meters	Daniel Malatesta	Niskayuna	1:57.05	4/23/2022
1500 Meters	Maazin Ahmed	Schenectady	4:02.70	4/22/2017
3000 Meters	Peter Fulgieri	Burnt Hills	8:43.81	4/23/2022
110 Hurdles	Jessie Parson	New Rochelle	14.27	4/13/2019
400 Hurdles	Shane Wagner	Schuylerville	55.8h	4/18/2009
3K Steeplechase	Julian Franjieh	Niskayuna	9:32.68	4/23/2022
400 Relay	Hubbard, Kemp Hermance, Young	Colonie	42.98	4/13/2019
1600 Relay	Tindale, Soldevere Igweike, Nieves	Guilderland	3:26.57	4/13/2019
3200 Relay	Becker, Hines Lopez, Trowbridge	Kingston	8:09.37	4/16/2016
High Jump	Keilan McMillan-Moss Elijah Harris	Schenectady Mohonasen	6' 4"	4/21/2012 4/13/2019
Pole Vault	Nick Gerardi	Queensbury	14' 9"	4/18/2009
Long Jump	Bashir Praileau	Albany Academy	22' 5.5"	4/23/2022
Triple Jump	Omahri Sturdivant	Amsterdam	46' 2.5"	4/16/2016
Shot Put	Jeff Derwin	Broadalbin-Perth	60' 8.75"	4/22/2017
Discus	Alessandro Saltsman	Fonda-Fultonville	177' 6"	4/23/2022

**Warrior Track and Field Classic
Girls Meet Records**

EVENT	NAME	SCHOOL	MARK	DATE
100 Meters	Zionna Perez-Tucker	Mohonaen	12.22	4/23/2022
200 Meters	Ihiechi Ohia-Enyia	Saunders	25.2h	4/19/2008
400 Meters	Lauren Santiago	Amsterdam	57.41	4/13/2019
800 Meters	Jada Dennis	Shenendehowa	2:16.66	4/13/2019
1500 Meters	Julia Flower	Schalmont	4:33.51	4/16/2016
3000 Meters	Julia Flower	Schalmont	10:08.69	4/18/2015
100 Hurdles	Gabby Stanavich	Amsterdam	14.85	4/21/2018
400 Hurdles	Marissa Wise	Niskayuna	66.33	4/13/2019
2K Steeplechase	Mia Paolino	Burnt Hills	7:21.32	4/23/2022
400 Relay	Doriski, Wise Koes, West	Niskayuna	49.57	4/13/2019
1600 Relay	Santana, Stanavich Lazarou, Santiago	Amsterdam	4:04.43	4/21/2018
3200 Relay	Cummings, Mahoney Smith, Vetter	Saratoga	9:35.27	4/12/2014
High Jump	Sarah Palmer	Schuylerville	5' 6"	4/18/2009
Pole Vault	Alana Carroll	Averill Park	11' 6"	4/22/2017
Long Jump	Alexandra Tudor	Shenendehowa	18' 2.75"	4/21/2018
Triple Jump	Cora Butler	New Paltz	36' 7"	4/20/2013
Shot Put	Valarie Hinds	Kingston	40' 6.5"	4/18/2015
Discus	Caysie Capano	Troy	130' 7"	4/21/2012

Warrior Track Classic
Co-Ed Invitational
Saturday, April 22, 2023

School Name _____

Coach's Name _____

Address _____

Phone _____ Fax _____

E-Mail _____

Please check one:

_____ Yes, we will participate in the Warrior Track Classic

_____ We also plan to enter the Medley Relays on Friday 4/21/23

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

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

EMAIL: jderocco@niskyschools.org

PLEASE MAIL OR E-MAIL THIS FORM WITH PROPER PAYMENT BY
APRIL 21, 2023.

Fees:

Warrior Track Classic only: Coed \$300 Single Gender \$175

Classic and Medley Relays: Coed \$375 Single Gender \$250