INTRODUCING THE 12TH ANNUAL
NISKAYUNA XC EKIDEN
SATURDAY, AUGUST 31, 2019 AT 9:30 AM
IROQUOIS MIDDLE SCHOOL
HTTP://WWW.NISKYTRACK.ORG

You and your team are cordially invited to the 12th 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, August 31, 2019

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. There will be a concession stand available for your athletes. 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: We will be using Hy-Tek Meet Manager, FAT and results will be posted on line at the conclusion of the meet. All entries must be submitted via Excel Spreadsheet by Thursday, September 5th . When you declare your intent to compete by email, you will receive the Excel entry form. Send an email to Jason DeRocco at jderocco@niskyschools.org. If you have changes in relay personnel after the entry closes, please email jderocco@niskyschools.org with the updates.

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: $70 for single gender, $100 for co-ed teams. The fee should be made payable to **Niskayuna Booster Club** 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.

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

Niskayuna Ekiden
8-31-2019
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

_____ No, we won't be participating, please remove from mail list

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

Niskayuna HS
Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309
518-382-2539
jderocco@niskyschools.org

PLEASE MAIL OR EMAIL THIS FORM WITH VOUCHER OR CHECK
PAYABLE TO **Niskayuna High School Booster Club** BY
August 29th, 2019
$70 for single gender, $100 for coed teams

2019 Niskayuna XC Ekiden
August 31, 2019

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.