

Announcing the 8th Annual

**Niskayuna Medley Relay
Challenge**

Friday, April 20, 2018
4:00 PM
Niskayuna High School

Shuttle Hurdle Relay
1600 meter sprint medley
800 meter sprint medley
DMR
1000 meter Swedish Relay



Order of Events:

Meet begins at 4:15 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 6 teams in each race. The 800 SMR, 1600 SMR, DMR, 1000 Medley and Shuttle Hurdles will be scored using a 10-8-6-4-2-1 system. The school with the most points at the end of the meet will be awarded the Medley Challenge Champions plaque!

Entries must be submitted through a MileSplit account!

Medley Relay Challenge

Meet Records

BOYS	EVENT	GIRLS
Shenendehowa 2010 1:36.6h	800 SMR	Averill Park 2012 1:56.09
Schenectady 2016 3:37.32	1600 SMR	Niskayuna 2017 4:20.33
Kingston 2017 10:36.9h	DMR	Niskayuna 2017 12:43.12
Christ the King 2016 2:01.11	Swedish	Averill Park 2016 2:29.69
New Rochelle 2016 49.25	Shuttle Hurdles	Ballston Spa 2015 52.49

Niskayuna Medley Relay Challenge
Friday 4-20-2018
Declaration Form

School Name _____

Coach's Name _____

e-mail address _____

School Address _____

Phone _____ Fax _____

Please check one:

We will participate in the relay challenge!

We can't come this year, but keep us in mind!

Please remove us from the mailing list

Please mail OR email this intention sheet with check payable to
the Niskayuna High School Booster Club to:

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

2018 Fee Structure

Medley Relays ONLY:

Coed Team \$ 100

Single Gender \$ 70

Warrior Track Classic ONLY:

Coed Team \$ 200

Single Gender \$ 140

If competing in BOTH:

Coed Team \$ 250

Single Gender \$ 170