

NISKY ELITE 5000

2026

Friday, April 17th

Niskayuna High School

1626 Balltown Road, Niskayuna, NY 12309

Tentative Race Times:

GIRLS 7:45-8:15 PM

BOYS 8:15 – 8:45 PM

March 11, 2026

Coaches,

We are excited to announce the third Nisky Elite 5000 meters to be held at Niskayuna HS on Friday, April 17, 2026. The girls race will start shortly after the conclusion of the Medley Relays, under the lights! We are looking for the top 20-25 athletes from across the Northeast Region to contest the twelve and a half laps on our new 8 lane track here in upstate New York.

The minimum guidelines are as follows:

GIRLS

XC 5K: 19:20 3000: 10:30 3200: 11:20

BOYS

XC 5K: 16:15 3000: 9:00 3200: 9:40

Meeting these standards does not guarantee acceptance. We will take the top 20-25 entries that have verifiable marks to be entered into the meet. Entries close on April 10, 2025 at 9:00 PM, and the accepted entries will be posted thereafter.

There will be an entry fee to this race. However, the entry fee is simply a donation to NISKY NOW. NISKY NOW (Nutrition on Weekends) is a program that provides a weekly delivery of food to families of students in need. It was previously referred to as the Weekend Backpack Program. Participation is entirely confidential. The program began

during the 2014-15 school year. It has been observed that when families face economic difficulties, they often need to find a way to stretch their food budgets. This program provides families with a weekly bag of food, delivered to their home. This can be the difference in students having an afterschool snack or a quality meal on the weekend. The suggested donation is \$25. We want the best of the best to come together for a high quality distance race.

The meet is live on MileSplit now at:

<https://ny.milesplit.com/meets/714777-nisky-elite-5k-2026>

If you have any questions, please contact Jason DeRocco at jderocco@niskyschools.org or call 518-423-7511. We hope that you are able to join us for this fun and unique opportunity! Congratulations on a great indoor season and best of luck with your outdoor season!

Top 10 All-Time Performances:

BOYS

Nathan Lee	Brunswick School (CT)	14:30.03	2025
Alex Fisher	Loomis Chaffee (CT)	14:30.12	2025
Teddy Hojlo	Brunswick School (CT)	14:30.19	2025
Van Furman	Tri Valley (NY)	14:34.38	2025
Douglas Antaky	Smithtown West (NY)	15:03.66	2024
Trent Thubault	Lansing (NY)	15:06.14	2024
Andrew Denial	Saranac (NY)	15:07.48	2024
Maxwell Decker	Pine Plains (NY)	15:08.75	2025
Liam Davidson	Queensbury (NY)	15:09.17	2025
Austin Ferrin	Auburn (NY)	15:09.94	2025

GIRLS

Anna Furman	Tri Valley (NY)	17:05.71	2025
Kyleen Brady	Auburn (NY)	17:13.56	2025
Abigail Kowalczyk	Roy C. Ketcham (NY)	17:35.60	2024
Keaney Bayha	Pilgrim HS (RI)	17:37.47	2025
Kiera Rogan	Schuylerville (NY)	17:39.28	2024
Mia Paolino	Burnt Hills (NY)	17:44.75	2024
Logan Kuhn	Bethlehem (NY)	17:47.08	2024
Abigail Ringwood	Auburn (NY)	17:50.11	2025
Sienna Boulds	Saranac (NY)	17:53.10	2025
Ari Reback	Fairport (NY)	18:06.08	2024