

ANNOUNCING the 16th annual
NISKAYUNA SPRING TRACK CLASSIC
Saturday, April 18th, 2026 at 9:15 am
NISKAYUNA HIGH SCHOOL
[HTTP://WWW.NISKYTRACK.ORG](http://www.niskytrack.org)

You and your team are cordially invited to the 16th Annual Niskayuna Spring 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 18, 2026

TIME: 9:30 AM

WHERE: ****Niskayuna 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. Please use ¼” spikes or less. We hope to have a trainer on site. There will be a concession stand available for your athletes. Apparel from Fine Designs will be available on site. We'll have Adirondack Kettle Korn, the Mac Factor and Ben and Jerry's available as well as our Booster Club Concession Stand.

Format: Each school is allowed 2 entries per event and one relay. A team may enter 3 athletes in a specific event and 2 relays if all 3 individuals and both relays have met the listed standards.

Entries: **All entries must be input into your team's MileSplit account by Thursday, April 16.** 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.

Please email Jason DeRocco at jderocco@niskyschools.org, if you have any questions.

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: \$200 for a single gender school, \$350 for co-ed teams. **If you entered relays for the Medley Relay Challenge on April 17, 2026 the total fee will be \$275 for a single gender squad or \$400 for a co-ed team.** The fee should be made payable to:
*****Niskayuna Athletics Booster Club*****

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 18, 2026

FIELD EVENTS BEGIN AT 9:30 am

ALL EVENTS ARE FLIGHTED WITH 3 JUMPS OR THROWS
FLIGHTS WILL BE CONTESTED (BEST TO BETTER)

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

9:30 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 9:45 am
ALL SECTIONS WILL BE RUN FAST TO FASTEST.

GIRLS 4 X 800 RELAY
BOYS 4 X 800 RELAY
GIRLS 100 M HURDLES
BOYS 110 M HURDLES
GIRLS 100 M DASH
BOYS 100 M DASH
GIRLS 1500 M RUN
BOYS 1500 M RUN (use 1600 meter seeds)
GIRLS 4 X 100 RELAY
BOYS 4 X 100 RELAY
GIRLS 400 M DASH
BOYS 400 M DASH
GIRLS 400 M IH
BOYS 400 M IH
GIRLS 800 M RUN
BOYS 800 M RUN
GIRLS 200 M DASH
BOYS 200 M DASH
GIRLS 2000 M Steeplechase
BOYS 3000 M Steeplechase
GIRLS 3000 M RUN
BOYS 3000 M RUN (use 3200 meter seeds)
GIRLS 4 X 400 RELAY
BOYS 4 X 400 RELAY

STANDARDS TO ENTER A 3RD INDIVIDUAL OR A SECOND RELAY TEAM

Please adhere to these guidelines.

If ALL THREE of your athletes have met the standard in an event, you may enter all three athletes. If you have a deep team and feel you have two relays that can meet the listed standard, you may enter both an "A" and a "B" team. Both are eligible for awards, but only your fastest team can score team points.

EVENT	GIRLS	BOYS
100 METER DASH	13.74	11.94
200 METER DASH	29.54	24.94
400 METER DASH	67.94	56.24
800 METER RUN	2:40.24	2:14.24
1500 METER RUN (1600 seed for boys)	5:35.24	5:00.24
3000 METER RUN (3200 seed for boys)	11:50.24	10:45.24
2K/3K STEEPLECHASE	9:00.24	11:30.24
100/110 HIGH HURDLES	19.24	19.24
400 HURDLES	77.94	66.24
4 X 100 RELAY	53.74	46.24
4 X 400 RELAY	4:24.24	3:40.24
4 X 800 RELAY	10:30.24	8:45.24
HIGH JUMP	4' 6"	5' 6"
POLE VAULT	7' 6"	9' 6"
LONG JUMP	15' 0"	18' 6"
TRIPLE JUMP	31' 0"	37' 6"
SHOT PUT	27' 0"	37' 0"
DISCUS	75' 0"	105' 0"

**Niskayuna Spring 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	Gavin Rossi	Minisink Valley	4:01.89	4/22/2023
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	Ryan Buskey	Colonie	6' 9"	4/20/2024
Pole Vault	Logan Schumpner	Minisink Valley	15' 6"	4/20/2024
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

**Niskayuna Spring 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	Leonni Griffin	Shaker	2:15.66	4/22/2023
1500 Meters	McKinley Wheeler	Saratoga Springs	4:32.25	4/22/2023
3000 Meters	Kaleigh Higgins	Shaker	10:06.23	4/22/2023
100 Hurdles	Parker Steele	Guilderland	14.55	4/20/2024
400 Hurdles	Ava Weiss	Columbia	61.76	4/20/2024
2K Steeplechase	Sheridan Wheeler	Saratoga Springs	6:50.14	4/22/2023
400 Relay	Swan, Barnhart Cramer, Sano	Guilderland	49.10	4/22/2023
1600 Relay	Santana, Stanavich Lazarou, Santiago	Amsterdam	4:04.43	4/21/2018
3200 Relay	Dunkel, Griffin Higgins, Mirabile	Shaker	9:22.80	4/22/2023
High Jump	Sarah Palmer	Schuylerville	5' 6"	4/18/2009
Pole Vault	Amelia McBain	Saratoga Springs	12' 0"	4/22/2023
Long Jump	Alexandra Tudor	Shenendehowa	18' 2.75"	4/21/2018
Triple Jump	Addison Lazarek	Sauquoit Valley	37' 6.5"	4/20/2024
Shot Put	Valarie Hinds	Kingston	40' 6.5"	4/18/2015
Discus	Caysie Capano	Troy	130' 7"	4/21/2012

Niskayuna Spring Track Classic
Co-Ed Invitational
Saturday, April 18, 2026

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 4/17/26

Please mail intention sheet with check payable to Niskayuna Athletics Booster Club:

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 16, 2026.

Fees:

Warrior Track Classic only: Coed \$350 Single Gender \$200

Classic and Medley Relays: Coed \$400 Single Gender \$275