

2011 NISKAYUNA XC EKIDEN

SEPTEMBER 3, 2011

PRELIMINARY ORDER OF EVENTS:

7:00 AM COURSE OPEN FOR WALKS

**9:30 AM GIRLS FRESHMAN RACE
3 ATHLETES PER TEAM, 1K LEGS**

**9:55 AM BOYS FRESHMAN RACE
3 ATHLETES PER TEAM, 1K LEGS**

**10:15 AM BOYS AND GIRLS INDIVIDUAL
FRESHMAN RACE, 1000 METERS**

**10:25 AM GIRLS RACE
3 ATHLETES PER TEAM,
1.5 M. LEGS**

**11:15 AM BOYS RACE
3 ATHLETES PER TEAM,
1.5 M. LEGS**

**12:05 PM BOYS AND GIRLS
INDIVIDUAL RACE, 1.5 MILES**

**SCHOOLS MAY ENTER AN UNLIMITED NUMBER OF 3
MEMBER VARSITY/JV TEAMS, AND 3 MEMBER
FRESHMAN TEAMS. ATHLETES ON INCOMPLETE
TEAMS MUST RUN IN THE INDIVIDUAL RACE. TIMES**

**ARE APPROXIMATE AND WILL BE MOVED UP
WHENEVER POSSIBLE.**