

Niskayuna Ekiden XC Instructions:

1. Send the declaration form and payment to Niskayuna High School by August 29th, 2011.
2. Your roster complete with your boys and girls teams and individual entries must be received by September 1, 2011. Print your athlete's name and grade, and which letter relay they will be on (EX: Niskayuna "A", Niskayuna "C", etc.)
3. Schools should bring their own creative "sash" for each team they enter.
4. Freshman and younger will run approximately 1000 meter legs. Sophomores and older will run approximately 1.5 mile legs.
5. If the number of entries warrants it, we will split the varsity/JV events into divisions. Please check back by September 2nd for the final order of events.
6. We will be attempting to get every runners split. Please have your athlete's wear the sticker assigned to them and make sure each one of your athletes knows which team they are on when waiting in the exchange zone.
7. The jewelry rule and uniform rules will be in effect.
8. This is intended to be a fun and unique early season meet. Medals will be awarded to the top 5 Varsity and winning freshman teams. Ribbons will be given to the top 20 teams in the ekiden format, and top 15 athletes in the individual races.
9. T-Shirts will be available for \$10 on the day of the event.
10. We will have a digital camera at the meet and encourage your school/teams to get their picture taken to be posted on our website.

11. Entry fees are \$70 for single gender and \$100 for coed teams payable to Niskayuna High School.

Send payment to:
Niskayuna High School
c/o Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309

Please do not send to the Niskayuna Business Office.

If you have any questions, call Jason DeRocco at school 518-382-2511, cell 518-423-7511 or email at jderocco@niskyschools.org

We hope to see you on the 3rd to kickoff the 2011 XC Campaign!