

*INTRODUCING THE 4TH ANNUAL
NISKAYUNA XC EKIDEN*

SATURDAY, SEPTEMBER 3RD , 2011 AT 9:30 AM
IROQUOIS MIDDLE SCHOOL
[HTTP://WWW.NISKYTRACK.ORG](http://www.niskytrack.org)

You and your team are cordially invited to the 4th Annual Niskayuna XC Ekiden. This meet is designed to give your runners a fun and unique way to start the season as no athlete will run more than 1.5 miles. It should serve as a good introduction to the sport of cross country. Teams from all across New York State are receiving invites to this meet. We will be accepting the first 30-40 squads who express interest.

DATE: Saturday, September 3, 2011

TIME: 9:30 AM

WHERE: Iroquois Middle School, Niskayuna, NY 12309

Athletes: This is a co-ed meet.

Facility: The middle school and neighboring River Road Park offer a variety of terrain including grass, packed trails, and stone dust trails. There are no severely steep hills, but enough rolling terrain to get a good workout. Bathroom facilities are available at the school and park pavilion, portable facilities may also be available. Spikes are optional due to the small/medium stones that are on the trails. There will be a concession stand available for your athletes. T-Shirts will be on sale for \$10.

Format: Each school is allowed an unlimited number of 3 person teams for varsity/JV and 3 person freshman teams. There will be an individual race of 1.5 miles for incomplete teams. The meet is a relay style event where freshman and younger run 1000 meter legs and JV and Varsity run 1.5 mile legs. A sash rather than baton will be exchanged at the end of each leg. Schools are encouraged to make their own creative designed sash for each team entered.

Entries: We will be using Hy-Tek Meet Manager and results will be posted on line at the conclusion of the meet. All entries must be emailed to meet management by Thursday, September 1st. Please use a copy of the form provided and email to to Jason DeRocco at jderocco@niskyschools.org.

- Rules:** National Federation rules will be applied. The New York State jewelry rule will also be in effect.
- Scoring:** Fastest relay wins! The meet will not be scored in the traditional XC format. There are no team scores in this event.
- Awards:** Top 5 Varsity girls and boys teams will receive custom medals. Top 20 teams in each event will receive custom ribbons. The top 15 in the individual races will receive ribbons. The winning freshman team will receive medals and the top 10 teams will receive ribbons.
- Divisions:** We reserve the right to split large fields into divisions if necessary. This will be based on the number of schools and the number of teams that are participating. Please check the website for the latest information on schools who have been accepted, and the updated order of events.
- Fees:** \$70 for single gender, \$100 for co-ed teams. The fee should be made payable to ***Niskayuna High School*** and sent to:
Niskayuna High School
c/o Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309

Any questions??? You may call Jason DeRocco at 518-423-7511 or email at jderocco@niskyschools.org.

Meet Website: <http://www.niskytrack.org>

Niskayuna Ekiden
9-3-2011
Co-Ed Invitational

School Name _____

Coach's Name(s) _____

E-Mail Address(es) _____

School Address _____

City _____ Zip _____

Phone _____ Fax _____

Please check one:

_____ Yes, we will participate in the Nisky Ekiden

_____ No, we won't be participating, but keep us on the mail list

_____ No, we won't be participating, please remove from mail list

Please e-mail, mail or fax intention sheet with proper payment to:

Niskayuna HS
Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309
518-382-2539
jderocco@niskyschools.org

PLEASE MAIL THIS FORM WITH VOUCHER OR CHECK PAYABLE TO
Niskayuna High School BY SEPTEMBER 1st, 2011

\$70 for single gender, \$100 for coed teams

**2011 NISKAYUNA XC EKIDEN
SEPTEMBER 3, 2011**

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**

**11:10 AM BOYS RACE
3 ATHLETES PER TEAM,
1.5 M. LEGS**

**12:15 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.

RELAY ENTRY SHEET

PLEASE PRINT NEATLY WITH THE NAMES AND GRADES OF EACH ATHLETE, MAKE MULTIPLE COPIES IF NECESSARY

SCHOOL _____

GENDER: BOYS or GIRLS

RELAY LETTER _____ CIRCLE ONE: FRESHMAN OR VARSITY

1. _____

2. _____

3. _____

RELAY LETTER _____ CIRCLE ONE: FRESHMAN OR VARSITY

1. _____

2. _____

3. _____

RELAY LETTER _____ CIRCLE ONE: FRESHMAN OR VARSITY

1. _____

2. _____

3. _____

INDIVIDUALS --- MAKE ADDITIONAL COPIES IF NECESSARY

PLEASE PRINT NEATLY, ATHLETE NAME AND GRADE

CIRCLE ONE: BOYS GIRLS

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____