

Announcing the 3rd Annual/

**Niskayuna Medley Relay
Challenge**

Friday, April 20, 2012

4:00 PM

Niskayuna High School

800 meter sprint medley

1600 meter sprint medley

Frosh/Soph 1600 meter sprint medley

DMR

Teams from all over the Northeast are being invited to vie for the title of Medley Relay Champion!

Order of Events:

Meet begins at 4:00 PM

Girls 800 meter SMR (100-100-200-400)

Boys 800 meter SMR (100-100-200-400)

Girls DMR (1200-400-800-1600)

Boys DMR (1200-400-800-1600)

Girls Frosh/Soph 1600 SMR (200-200-400-800)

Boys Frosh/Soph 1600 SMR (200-200-400-800)

Girls 1600 meter SMR (200-200-400-800)

Boys 1600 meter SMR (200-200-400-800)

Awards will be presented to the top 6 teams in each race. The 800 SMR, 1600 SMR, and DMR will be scored using a 10-8-6-4-2-1 system. The school with the most points at the end of the meet will be awarded the Medley Challenge Champions plaque!

You may enter 2 relays per event. Only your "A" team is eligible to score. An athlete may only compete in 2 events.

Entry fees are \$ 10 per relay. The maximum entry fee is \$ 100 for co-ed programs or \$ 65 for a single gender squad. Checks should be payable to Niskayuna High School and sent to:

Niskayuna High School
c/o Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309

Niskayuna Medley Relay Challenge
Friday 4-20-2012
Declaration Form

School Name _____

Coach's Name _____

e-mail address _____

School Address _____

Phone _____ Fax _____

Please check one:

_____ We will participate in the relay challenge!

_____ We can't come this year, but keep us in mind!

_____ Please remove us from the mailing list

Please mail OR email this intention sheet with proper payment to:

Niskayuna High School
c/o Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309

jderocco@niskyschools.org

Good luck on your seasons and we hope to see you in April! Please note, you will receive a discounted entry fee for the 2012 Warrior Track Classic on April 21, 2012 if you compete in the medley challenge!