

**Announcing the 11th Annual/**

**Niskayuna Medley Relay  
Challenge**

Friday, April 17, 2020

4:00 PM

Schenectady High School

Shuttle Hurdle Relay

1600 meter sprint medley

800 meter sprint medley

DMR

1000 meter Swedish Relay

## Order of Events:

Meet begins at 4:00 PM

Girls 3x100 meter shuttle hurdle relay

Boys 3x110 meter shuttle hurdle relay

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

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

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 Swedish Relay (100-200-300-400)

Boys Swedish Relay (100-200-300-400)

Awards will be presented to the top 6 teams in each race. The 800 SMR, 1600 SMR, DMR, 1000 Medley and Shuttle Hurdles 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!

Entries must be submitted through a MileSplit account!

# Medley Relay Challenge

## Meet Records

<b>BOYS</b>	<b>EVENT</b>	<b>GIRLS</b>
<b>Colonie 2019 1:36.51</b>	<b>800 SMR</b>	<b>Niskayuna 2019 1:50.88</b>
<b>Schenectady 2016 3:37.32</b>	<b>1600 SMR</b>	<b>Niskayuna 2018 4:18.87</b>
<b>Kingston 2017 10:36.9h</b>	<b>DMR</b>	<b>Niskayuna 2019 12:41.72</b>
<b>Christ the King 2016 2:01.11</b>	<b>Swedish</b>	<b>Niskayuna 2019 2:21.55</b>
<b>Colonie 2019 47.31</b>	<b>Shuttle Hurdles</b>	<b>Ballston Spa 2015 52.49</b>

Niskayuna Medley Relay Challenge  
Friday 4-17-2020  
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 check payable to  
the Niskayuna High School Booster Club to:

Niskayuna High School  
c/o Jason DeRocco  
1626 Balltown Road  
Niskayuna, NY 12309  
[jderocco@niskyschools.org](mailto:jderocco@niskyschools.org)

## 2020 Fee Structure

### Medley Relays ONLY:

Coed Team \$ 100

Single Gender \$ 70

### Warrior Track Classic ONLY:

Coed Team \$ 200

Single Gender \$ 140

### If competing in BOTH:

Coed Team \$ 250

Single Gender \$ 170