

ANNOUNCING the 15th annual
NISKAYUNA SPRING TRACK CLASSIC
Saturday, April 20th, 2024 at 9:15 am
NISKAYUNA HIGH SCHOOL
[HTTP://WWW.NISKYTRACK.ORG](http://www.niskytrack.org)

You and your team are cordially invited to the 15th Annual Niskayuna Spring Track Classic Invitational. This co-ed meet will have plenty of competition to give you and your team a good idea of the early season form of your athletes. Teams from all across the Northeast are receiving invitations to this meet. We are going eight deep in all events for awards. We hope you will consider joining us!

DATE: April 20, 2024

TIME: 9:30 AM

WHERE: ****Niskayuna High School****

Athletes: This is a co-ed meet.

Facility: The track is an 8-lane all-weather facility. Bathroom facilities are available at the track. Please use ¼” spikes or less. We hope to have a trainer on site. There will be a concession stand available for your athletes. T-Shirts will be on sale for \$20.

Format: Each school is allowed 2 entries per event and one relay. A team may enter 3 athletes in a specific event and 2 relays if all 3 individuals and both relays have met the listed standards.

Entries: **All entries must be input into your team's MileSplit account by Thursday, April 18.** We are pleased to announce that Underdog Timing will be providing FAT results and will be posting them live through MileSplit. Make sure your athletes stay away from the finish area to avoid interference with the timing system.

The meet is password protected. To obtain the password, please email Jason DeRocco at jderocco@niskyschools.org.

Scratches ONLY may be made up until 8:30 AM the day of the meet.

Rules: National Federation rules will be applied.

Scoring: 10-8-6-5-4-3-2-1 in both individual events and relays.

Awards: Top 8 in each event will receive custom medals. Team trophies to the top 3 boys and girls teams. Individual and relay champions will receive T-shirts

Fees: \$200 for a single gender school, \$350 for co-ed teams. **If you entered relays for the Medley Relay Challenge on April 19, 2024 the total fee will be \$275 for a single gender squad or \$400 for a co-ed team.** The fee should be made payable to:

*****Niskayuna Athletics Booster Club*****

W9 available upon request

and sent to:

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

Please put: Track and Field Invitational on the memo line

Officials: We hope to have 10 certified officials for this meet.

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

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

ORDER OF EVENTS
SATURDAY, APRIL 20, 2024

FIELD EVENTS BEGIN AT 9:30 am

ALL EVENTS ARE FLIGHTED WITH 3 JUMPS OR THROWS
FLIGHTS WILL BE CONTESTED (BEST TO BETTER)

The top 9 in each event will advance to the finals and receive 3 more attempts.

9:30 am

GIRLS TRIPLE JUMP

BOYS LONG JUMP

GIRLS SHOT PUT

BOYS DISCUS

BOYS HIGH JUMP (STARTING HEIGHT 5' 0" INCREMENTS OF 3" UNTIL 5' 6"
THEN UP BY 2")

GIRLS POLE VAULT (STARTING HEIGHT 6' 0" INCREMENTS OF 6")

The following events will be begin as soon as possible after the above events have been concluded:

GIRLS LONG JUMP

BOYS TRIPLE JUMP

GIRLS DISCUS

BOYS SHOT PUT

GIRLS HIGH JUMP (STARTING HEIGHT 4' 0" INCREMENTS OF 3" UNTIL 4' 6"
THEN UP BY 2")

BOYS POLE VAULT (STARTING HEIGHT 8' 0" INCREMENTS OF 6")

TRACK EVENTS BEGIN AT 9:30 am
ALL SECTIONS WILL BE RUN FAST TO FASTEST.

THE TOP 32 SEEDS IN THE 100, 200, AND 100/110 HH WILL BE CONTESTED IN
SESSION 2, AFTER THE NATIONAL ANTHEM

SESSION 1

9:45 am: BOYS 110 METER HURDLES (UNSEEDDED)
GIRLS 100 METER HURDLE (UNSEEDDED)
GIRLS 3000 METERS (all sections)
BOYS 3000 METERS (all sections)
GIRLS 100 METER DASH (UNSEEDDED)
BOYS 100 METER DASH (UNSEEDDED)
GIRLS UNSEEDDED 1500 METERS (all but the fastest section)
BOYS UNSEEDDED 1500 METERS (all but the fastest section)
GIRLS 200 METER DASH (UNSEEDDED)
BOYS 200 METER DASH (UNSEEDDED)

NATIONAL ANTHEM

SESSION 2

THE TOP 32 SEEDS IN THE 100, 200, AND SPRINT HURDLES WILL BE RUN HERE

GIRLS 4 X 800 RELAY	BOYS 4 X 800 RELAY
GIRLS 100 M HH	BOYS 110 M HH FINALS
GIRLS 100 M DASH FINALS	BOYS 100 M DASH FINALS
GIRLS 1500 M RUN (TOP 18 SEEDS)	BOYS 1500 M RUN (TOP 18 SEEDS)
GIRLS 4 X 100 RELAY	BOYS 4 X 100 RELAY
GIRLS 400 M DASH	BOYS 400 M DASH
GIRLS 400 M IH	BOYS 400 M IH
GIRLS 800 M RUN	BOYS 800 M RUN
GIRLS 200 M DASH	BOYS 200 M DASH
GIRLS 2000 M Steeplechase	BOYS 3000 M Steeplechase
GIRLS 4 X 400 RELAY	BOYS 4 X 400 RELAY

STANDARDS TO ENTER A 3RD INDIVIDUAL OR A SECOND RELAY TEAM

Please adhere to these guidelines.

If ALL THREE of your athletes have met the standard in an event, you may enter all three athletes. If you have a deep team and feel you have two relays that can meet the listed standard, you may enter both an "A" and a "B" team. Both are eligible for awards, but only your fastest team can score team points.

EVENT	GIRLS	BOYS
100 METER DASH	14.54	13.24
200 METER DASH	30.94	26.24
400 METER DASH	71.94	59.24
800 METER RUN	2:50.94	2:25.94
1500 METER RUN (1600 seed for boys)	5:49.94	5:10.94
3000 METER RUN (3200 seed for boys)	12:29.94	10:59.94
2K/3K STEEPLECHASE	9:14.94	11:59.94
100/110 HIGH HURDLES	20.94	20.94
400 HURDLES	84.94	72.94
4 X 100 RELAY	54.94	47.94
4 X 400 RELAY	4:29.94	3:44.94
4 X 800 RELAY	10:39.94	9:09.94
HIGH JUMP	4' 3"	5' 3"
POLE VAULT	6' 0"	8' 6"
LONG JUMP	13' 6"	17' 6"
TRIPLE JUMP	28' 6"	34' 6"
SHOT PUT	22' 0"	28' 0"
DISCUS	60' 0"	80' 0"

**Warrior Track and Field Classic
Boys Meet Records**

EVENT	NAME	SCHOOL	MARK	DATE
100 Meters	Michael Hermance	Colonie	10.82	4/13/2019
200 Meters	Jessie Parson	New Rochelle	22.13	4/13/2019
400 Meters	Izaiah Brown	Amsterdam	49.02	4/20/2013
800 Meters	Daniel Malatesta	Niskayuna	1:57.05	4/23/2022
1500 Meters	Gavin Rossi	Minisink Valley	4:01.89	4/22/2023
3000 Meters	Peter Fulgieri	Burnt Hills	8:43.81	4/23/2022
110 Hurdles	Jessie Parson	New Rochelle	14.27	4/13/2019
400 Hurdles	Shane Wagner	Schuylerville	55.8h	4/18/2009
3K Steeplechase	Julian Franjeh	Niskayuna	9:32.68	4/23/2022
400 Relay	Hubbard, Kemp Hermance, Young	Colonie	42.98	4/13/2019
1600 Relay	Tindale, Soldevere Igweike, Nieves	Guilderland	3:26.57	4/13/2019
3200 Relay	Becker, Hines Lopez, Trowbridge	Kingston	8:09.37	4/16/2016
High Jump	Keilan McMillan-Moss Elijah Harris	Schenectady Mohonasen	6' 4"	4/21/2012 4/13/2019
Pole Vault	Nick Gerardi	Queensbury	14' 9"	4/18/2009
Long Jump	Bashir Praileau	Albany Academy	22' 5.5"	4/23/2022
Triple Jump	Omahri Sturdivant	Amsterdam	46' 2.5"	4/16/2016
Shot Put	Jeff Derwin	Broadalbin-Perth	60' 8.75"	4/22/2017
Discus	Alessandro Saltsman	Fonda-Fultonville	177' 6"	4/23/2022

**Warrior Track and Field Classic
Girls Meet Records**

EVENT	NAME	SCHOOL	MARK	DATE
100 Meters	Zionna Perez-Tucker	Mohonaen	12.22	4/23/2022
200 Meters	Ihiechi Ohia-Enyia	Saunders	25.2h	4/19/2008
400 Meters	Lauren Santiago	Amsterdam	57.41	4/13/2019
800 Meters	Leonni Griffin	Shaker	2:15.66	4/22/2023
1500 Meters	McKinley Wheeler	Saratoga Springs	4:32.25	4/22/2023
3000 Meters	Kaleigh Higgins	Shaker	10:06.23	4/22/2023
100 Hurdles	Gabby Stanavich	Amsterdam	14.85	4/21/2018
400 Hurdles	Ava Weiss	Columbia	64.36	4/21/2023
2K Steeplechase	Sheridan Wheeler	Saratoga Springs	6:50.14	4/22/2023
400 Relay	Swan, Barnhart Cramer, Sano	Guilderland	49.10	4/22/2023
1600 Relay	Santana, Stanavich Lazarou, Santiago	Amsterdam	4:04.43	4/21/2018
3200 Relay	Dunkel, Griffin Higgins, Mirabile	Shaker	9:22.80	4/22/2023
High Jump	Sarah Palmer	Schuylerville	5' 6"	4/18/2009
Pole Vault	Amelia McBain	Saratoga Springs	12' 0"	4/22/2023
Long Jump	Alexandra Tudor	Shenendehowa	18' 2.75"	4/21/2018
Triple Jump	Lindsay Farmer	Bethlehem	37' 3"	4/22/2023
Shot Put	Valarie Hinds	Kingston	40' 6.5"	4/18/2015
Discus	Caysie Capano	Troy	130' 7"	4/21/2012

Niskayuna Spring Track Classic
Co-Ed Invitational
Saturday, April 20, 2024

School Name _____

Coach's Name _____

Address _____

Phone _____ Fax _____

E-Mail _____

Please check one:

_____ Yes, we will participate in the Warrior Track Classic

_____ We also plan to enter the Medley Relays on Friday 4/21/23

Please mail intention sheet with check payable to Niskayuna Athletics Booster Club:
Niskayuna HS
c/o Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309

Please put: Track and Field Invitational on the memo line

EMAIL: jderocco@niskyschools.org

PLEASE MAIL OR E-MAIL THIS FORM WITH PROPER PAYMENT BY
APRIL 18, 2024.

Fees:

Warrior Track Classic only: Coed \$350 Single Gender \$200

Classic and Medley Relays: Coed \$400 Single Gender \$275