

**NISKAYUNA MEDLEY RELAY / ELITE 5000
PROPOSED TIME SCHEDULE**

4:30 PM	Mixed 4x400	(2 heats)
4:45 PM	Girls 1600 SMR	(3 heats)
5:05 PM	Boys 1600 SMR	(3 heats)
5:23 PM	Girls 800 SMR	(4 heats)
5:40 PM	Boys 800 SMR	(4 heats)
5:57 PM	Girls DMR	(1 heat)
6:17 PM	Boys DMR	(1 heat)
6:37 PM	Girls Swedish Relay	(5 heats)
7:07 PM	Boys Swedish Relay	(5 heats)
7:50 PM	Girls Elite 5000	
8:15 PM	Boys Elite 5000	

The Relay portion of the meet will be on a rolling schedule and will go as far ahead of the time schedule as possible.

The earliest the Girls Elite 5000 will start is 7:30 PM.

The earliest the Boys Elite 5000 will start is 7:55 PM.

Good luck to all athletes competing! Thank you for choosing our meet and we hope you and your athletes have a great evening!