

Announcing the 15th Annual/

**Niskayuna Medley Relay
Challenge**

Friday, April 17, 2026

4:30 PM

Niskayuna High School

Coed 4 x 400 meter relay

1600 meter sprint medley

800 meter sprint medley

DMR

1000 meter Swedish Relay

Order of Events:

Meet begins at 4:30 PM

Coed 4 x 400 relay (girl-boy-girl-boy)

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) (one section ONLY)

Boys DMR (1200-400-800-1600) (one section ONLY)

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

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

Awards will be presented to the top 8 teams in each race.
There will be no team scoring.

NEW: You may enter an unlimited amount of relay teams.
All are eligible for awards.

Entries must be submitted through your team's MileSplit account.

We are pleased to announce that Underdog Race Timing will be handling FAT duties this year, and that Live Results will be posted on the MileSplit Meet Page.

Medley Relay Challenge

Meet Records

BOYS	EVENT	GIRLS
Colonie 2019 1:36.51	800 SMR	Ballston Spa 2024 1:49.18
LaSalle Institute 2022 3:33.36	1600 SMR	Guilderland 2025 4:05.69
Colonie 2025 10:36.05	DMR	Guilderland 2025 12:31.86
Colonie 2025 2:01.07	Swedish	Guilderland 2023 2:17.27
Colonie 2019 47.31	Shuttle Hurdles	Burnt Hills 2023 49.70
Mixed 4x400:	Burnt Hills-Ballston Lake 2025	3:37.54
Mixed 4x800:	Voorheesville 2025	9:52.60

Niskayuna Medley Relay Challenge
Friday 4-17-2026
Declaration Form

School Name_____

Coach's Name_____

e-mail address_____

School Address_____

Phone_____ Fax_____

_____ We will participate in the relay challenge!

_____ We also will enter the Classic on April 12th

_____ BOYS _____ GIRLS

Please mail OR email this intention sheet with check payable to
Niskayuna Athletics Booster Club to:

Niskayuna High School
c/o Jason DeRocco
1626 Balltown Road
Niskayuna, NY 12309
jderocco@niskyschools.org

Niskayuna Medley Relay Challenge

Friday 4-17-2026

2026 Fee Structure

April 17th, Medley Relays ONLY:

Coed Team \$175	Single Gender \$125
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April 18th, Spring Track Classic ONLY:

Coed Team \$350	Single Gender \$200
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If competing in BOTH:

Coed Team \$400	Single Gender \$275
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