

The logo features the words "NISKY ELITE" in a large, bold, white sans-serif font with a horizontal motion blur effect. Below this, the number "5000" is written in a similar bold, white font with motion blur. At the bottom, the year "2025" is also in a bold, white font with motion blur. The entire logo is set against a solid red rectangular background.

NISKY ELITE
5000
2025

Friday, April 11th

Niskayuna High School

1626 Balltown Road, Niskayuna, NY 12309

Tentative Race Times:

GIRLS 7:45-8:15 PM

BOYS 8:15 – 8:45 PM

January 23, 2025

Coaches,

We are excited to announce the second Nisky Elite 5000 meters to be held at Niskayuna HS on Friday, April 11, 2025. The girls race will start shortly after the conclusion of the Medley Relays, under the lights! We are looking for the top 20-25 athletes from across the Northeast Region to contest the twelve and a half laps on our new 8 lane track here in upstate New York.

The minimum guidelines are as follows:

GIRLS

XC 5K: 19:20 3000: 10:30 3200: 11:20

BOYS

XC 5K: 16:15 3000: 9:00 3200: 9:40

Meeting these standards does not guarantee acceptance. We will take the top 20-25 entries that have verifiable marks to be entered into the meet. Entries close on April 6, 2025 at 9:00 PM, and the accepted entries will be posted thereafter.

There will be no entry fee to this race. We want the best of the best to come together for a high quality distance race. We do ask that each school that has an accepted entry, make a donation to the Fleet Feet 24 Hour Run Against Hunger

The meet is live on MileSplit now at:

<https://ny.milesplit.com/meets/644059-nisky-elite-5000-2025/info>

If you have any questions, please contact Jason DeRocco at jderocco@niskyschools.org or call 518-423-7511. We hope that you are able to join us for this fun and unique opportunity! Congratulations on a great indoor season and best of luck with your outdoor season!

Top 5 Performances from 2024:

BOYS

Nathan Lee	Brunswick School (CT)	14:57.94
Van Furman	Tri Valley (NY)	14:58.37
Douglas Antaky	Smithtown West (NY)	15:03.66
Trent Thubault	Lansing (NY)	15:06.14
Andrew Denial	Saranac (NY)	15:07.48

GIRLS

Abigail Kowalczyk	Roy C. Ketcham (NY)	17:35.60
Kiera Rogan	Schuylerville (NY)	17:39.28
Anna Furman	Tri Valley (NY)	17:43.22
Mia Paolino	Burnt Hills (NY)	17:44.75
Logan Kuhn	Bethlehem (NY)	17:47.08