

# 47TH. ANNUAL WOODBURY RELAYS

25 NORTH BROAD STREET, WOODBURY, NJ 08096

JAMES MOHAN, MEET DIRECTOR

856-853-0123 EXT. 253

FAX: 856-384-0468

[ichiefmohan@comcast.net](mailto:ichiefmohan@comcast.net)

## MIDDLE SCHOOL RELAYS

THURSDAY, APRIL 18th, 2019

1. Total Team Fee for all Boys Events (including Field Events) is \$150.00.  
Total Team Fee for all Girls events (including Field Events) is \$150.00.  
\$ 25.00 per Relay                      \$ 15.00 per Field Event Relay

Mail Entries to: Jim Mohan, Meet Director  
116 Colgate Ave.  
Somerdale, NJ 08083

**Entries are due by Wednesday April 10<sup>th</sup>, 2019. No late entries will be accepted.**

3. All Teams must be paid prior to running. An official school voucher will be accepted.
4. Make checks payable to the **WOODBURY ACTIVITY FUND.**
5. Medals will be awarded to the top six teams in each event.
6. Only one Relay Team per Event.
7. There will be no team scoring.
8. ¼" or smaller spikes only.
9. Coaches must fill out relay cards in full. **PLEASE PRINT ALL INFORMATION CLEARLY.**
10. **The FAX number for Woodbury H.S. Athletic Director is: 856-384-0468**

**Best wishes for a great season,**

**Jim Mohan, Meet Director**

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**THURSDAY, APRIL 18th, 2019**

**MIDDLE SCHOOL ENTRY**

School: \_\_\_\_\_ Coach: \_\_\_\_\_

School Phone: \_\_\_\_\_ Coach Phone: \_\_\_\_\_

Principal/Athletic Director: \_\_\_\_\_

**BOYS**

**CIRCLE ONE  
CHECK EVENTS ENTERED**

**GIRLS**

\_\_\_\_\_ **3200 METER RELAY (4 X 800)**

\_\_\_\_\_ **800 METER RELAY (4 X 200)**

\_\_\_\_\_ **MEDLEY RELAY (400, 200, 200, 1600)**

\_\_\_\_\_ **400 METER RELAY (4 X 100)**

\_\_\_\_\_ **1600 METER RELAY (4 X 400)**

**FIELD EVENTS**

\_\_\_\_\_ **SHOT**

\_\_\_\_\_ **DISCUS**

\_\_\_\_\_ **LONG JUMP**

**TOTAL ENTRY FEE ENCLOSED: \$** \_\_\_\_\_

**ENTRY DUE APRIL 10<sup>th</sup>, 2019**

# **47TH. ANNUAL WOODBURY RELAYS**

## **MIDDLE SCHOOL RELAYS**

### **ORDER OF EVENTS**

**GIRLS WILL RUN FIRST IN ALL RUNNING EVENTS**

**EVENT1: 3200 METER RELAY (4 X 800)**

**EVENT2. 800 METER RELAY (4 X 200)**

**EVENT3 MEDLEY RELAY (200, 200, 400, 1600)**

**EVENT4. 400 METER RELAY X 100)**

**EVENT5. 1600 METER RELAY (4 X 400)**

**FIELD EVENTS:**

**EVENT6. SHOT RELAY (BOYS FOLLOWED BY GIRLS)**

**EVENT7 DISCUS RELAY (GIRLS FOLLOWED BY BOYS)**

**EVENT8 LONG JUMP RELAY (BOYS FOLLOWED BY GIRLS)**

**FIELD EVENT RULES:**

**A. 2 ATHLETES PER TEAM, ONE RELAY PER SCHOOL**

**B. 3 THROWS OR JUMPS PER ATHLETE**

**C. BEST PERFORMANCE OF EACH WILL BE ADDED**

**TOGETHER FOR THE TOTAL FOR THE TEAM.**