

47th ANNUAL WOODBURY RELAYS
25 NORTH BROAD STREET, WOODBURY, NJ 08096
Saturday, April 20th 2019 9:00am

JAMES MOHAN, MEET DIRECTOR
856-853-0123 EXT. 253
FAX: 856-384--0468
[**jchiefmohan@comcast.net**](mailto:jchiefmohan@comcast.net)

Total Team Fee to cover **all Men's events** (including Field Events) is \$ 290.00.
Total Team Fee to cover **all Women's Events** (including field Events) is \$ 290.00.
\$45.00 per Relay \$ 30.00 per Field Event \$10.00 per steeplechase athlete
Mail Entries to: James Mohan
 116 Colgate Ave.
 Somerdale, NJ 08083

Entries are due by Friday, April 12th 2019. No late Entries will be accepted!!!

Entries are a two-step process.

1. Mail Entry Form and Payment
 2. Enter online through the Milesplit Entry Process.
- All teams must be paid prior to running. An official school voucher will be accepted.

Make checks payable to the **Woodbury Public Schools.**

Gold watches will be awarded for all first places in all events. **Only one Gold Watch per athlete in the Meet.** A second first place will be awarded a gold medal. Athletes receiving watches must sign for their watches. They may also be photographed with the entire Relay Team. Failure could result in disqualification.
Medals will be awarded 2nd. thru 6th Place.

-ONLY ONE RELAY TEAM PER SCHOOL PER EVENT.

-Individual entries must be entered on Milesplit by name and their BEST DISTANCE. An e-mail will be sent out after the meet closes with all accepted athletes and seeds for the relays.

-Deadline for Milesplit Entry is Thursday April 18th at 5:59pm.

-All Relays and individual athletes not entered by this date will NOT be allowed to compete. No Exceptions.

Schools will be placed by their NJSIAA enrollment figures. (Track specific)

Only the seven running relays will be scored for the Team Championships. Scoring is on a 10-8-6-4-2-1 basis.

¼ " or less SPIKES ONLY.

NO STARTING BLOCKS.

There will be no SEEDING MEETING for this year's Relays.

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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1. Paper Entry Instructions

- Fill out paper entry indicating which events will be entered for boys and girls.
- Deadline for paper entries is Friday, April 12th 2019. No late Entries will be accepted!!!
- Enclose payment payable to the **Woodbury Public Schools**.
- Mail entry and payment to: **James Mohan**
116 Colgate Ave.
Somerdale, NJ 08083

2. Online Entry Instructions

- Entering a Meet Online – www.nj.milesplit.com
- You should have already claimed your team and managed your roster.
- Click the NJ MileSplit site's calendar and find April 21st- click on The Woodbury Relays.
- On the meet page you will see a green 'Register Online Now' button.
- From there you will enter your school and fill out the needed information.
- Make sure you CHECK BOX the correct divisions (NJSIAA Grouping) or else no events will show and you'll have to Edit Divisions Entered later on.
- After entering the divisions you will see all the events where you can enter the athletes. Please enter appropriate and realistic seed times for your relays.
- Field events are not by division. Please enter your **qualified** field events athletes in the field event division.
- When finished click done editing.
- You can always go back and edit entries via the green Register Online Now button.
- You may update seed times until Thursday April 19th at 5:59pm

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JAMES MOHAN, MEET DIRECTOR

856-853-0123 EXT. 253

FAX: 856-384-0468

856-627-1432 (Home)

OFFICIAL ENTRY BLANK FOR 2019
SATURDAY, APRIL 20th, 2019 9:00am

SCHOOL: _____ GROUP: _____ NJSIAA ENROLLMENT: _____

SIGNATURE OF PRINCIPAL

SIGNATURE OF ATHLETIC DIRECTOR

PRINT NAME OF COACH

HOME PHONE NUMBER

E-Mail

CELL PHONE:

Check events your school will enter. Please enter seed times on Milesplit through the online entry procedure. .

BOYS ENTRY

_____ 400 Meter Relay (4 X 100)

_____ 800 Meter Relay (4 X 200)

_____ Sprint Medley (400, 200, 200, 800)

_____ Distance Medley (1200, 400, 800, 1600)

_____ Shuttle Hurdle (4 X 110)

_____ 1600 Meter Relay (4 X 400)

_____ 3200 Meter Relay (4 X 800)

GIRLS ENTRY

_____ 400 Meter Relay (4 X 100)

_____ 800 Meter Relay (4 X 200)

_____ Sprint Medley (400, 200, 200, 800)

_____ Distance Medley (1200, 400, 800, 1600)

_____ Shuttle Hurdle (4 X 100)

_____ 1600 Meter Relay (4 X 400)

_____ 3200 Meter Relay (4 X 800)

Sprint Medley and 1600 Meter Relays may be run with a waterfall start.

*** SPECIAL EVENTS BY INVITATION (ALL ENTRIES MUST HAVE MET STANDARD DURING HS CAREER TO BE ENTERED ON MILESPLIT) ***

BOYS ENTRY

Shot Put Qual. Standard 45' _____

Discus Qual. Standard 130' _____

Javelin Qual. Standard 145' _____

High Jump Qual. Standard 6'0" _____

Long Jump Qual. Standard 20' _____

Triple Jump Qual. Standard 41'6 _____

Pole Vault, Qual. Standard 12'0 _____

GIRLS ENTRY

Shot Put Qual. Standard 34' _____

Discus Qual. Standard 100' _____

Javelin Qual. Standard 100' _____

High Jump Qual. Standard 5' _____

Long Jump Qual. Standard 16' _____

Triple Jump Qual. Standard 33'6 _____

Pole Vault, Qual. Standard 9' _____

Steeplechase (\$10 per runner, not covered by the team entry fee)

Fees: Per Team \$290, Ind. Relay \$45, Ind. Field \$30 Steeple \$10 Per Runner

Total Entry Fee Enclosed: \$ _____

Entries are due by Friday, April 12th, 2019

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ORDER OF EVENTS **SATURDAY, APRIL 20th, 2019** **MEET BEGINS AT 9:00 A.M.**

ALL RUNNING EVENTS WILL BE IN THE FOLLOWING ORDER:
GROUP I, II, III, IV.

ALL RUNNING EVENTS ARE FINAL ON TIME.

RUNNING EVENTS:

- EVENT 1 WOMEN'S SHUTTLE HURDLE RELAY (HOME SIDE)
- EVENT 2 MEN'S SHUTTLE HURDLE RELAY (VISITORS SIDE)
- EVENT 3 WOMEN'S DISTANCE MEDLEY RELAY (1200, 400, 800, 1600)***
- EVENT 4 MEN'S DISTANCE MEDLEY RELAY (1200, 400, 800, 1600)***
- EVENT 5 WOMEN'S 800 METER RELAY
- EVENT 6 MEN'S 800 METER RELAY
- EVENT 7 WOMEN'S 3200 METER RELAY ***
- EVENT 8 MEN'S 3200 METER RELAY ***
- EVENT 9 WOMEN'S 400 METER RELAY
- EVENT 10 MEN'S 400 METER RELAY
- EVENT 11 WOMEN'S SPRINT MEDLEY RELAY (400, 200, 200, 800) +++
- EVENT 12 MEN'S SPRINT MEDLEY RELAY (400, 200, 200, 800) +++
- EVENT 13 WOMEN'S 1600 METER RELAY +++
- EVENT 14 MEN'S 1600 METER RELAY +++
- EVENT 15 3000 METER STEEPLECHASE (WOMEN THEN MEN)

FIELD EVENTS:

- EVENTS 16 & 17 SHOT (WOMEN, THEN MEN)
- EVENTS 18 & 19 DISCUS (MEN, THEN WOMEN)
- EVENTS 20 & 21 JAVELIN (WOMEN, THEN MEN)
- EVENTS 22 & 23 LONG JUMP (MEN, THEN WOMEN)
- EVENTS 24 & 25 HIGH JUMP (WOMEN, THEN MEN)
- EVENTS 26 & 27 POLE VAULT (MEN, THEN WOMEN)
- EVENTS 28 & 29 TRIPLE JUMP (WOMEN, THEN MEN) (FOLLOWS LONG JUMP)

*** Groups may be combined if the number of Entries are low.

+++ Will be run with a Waterfall start.