

48TH ANNUAL WOODBURY RELAYS

25 NORTH BROAD STREET, WOODBURY, NJ 08096

GEOFFREY SHUTE, MEET DIRECTOR

856-853-0123 EXT. 253

gshute1@yahoo.com

MIDDLE SCHOOL RELAYS Friday, APRIL 17th, 2020

START TIME 4:00 PM

1. Total Team Fee for all Boys Events (including Field Events) is \$175.00.

Total Team Fee for all Girls events (including Field Events) is \$175.00.

\$ 35.00 per Relay \$ 25.00 per Field Event Relay

2. Mail Entries to: Dan Howey, Athletic Director
Woodbury Jr. Sr. High School
25 N Broad Street Woodbury NJ 08096

Entries are due by Wednesday, April 8th, 2020.

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 PUBLIC SCHOOLS.

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. New this year, the meet will use FAT timing. All teams must enter their relay teams through Milesplit. Teams not entered through Milesplit by Wednesday April 15th will not be allowed to compete. **Unfortunately, no exceptions can be made to this rule.**

10. Please see attached form for milesplit directions

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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 Wednesday April 8th, 2020.
- Enclose payment payable to the **Woodbury Public Schools**.
- Mail entry and payment to: Dan Howey, Athletic Director
Woodbury Jr. Sr. High School
25 N. Broad Street
Woodbury, NJ 08096

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 17th - click on The Woodbury Relays Middle School Meet.
- 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 (Boys/ Girls)
- 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.
- 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 and athletes until Wednesday April 15th at 5:59pm

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START TIME 4:00 PM

MIDDLE SCHOOL ENTRY

School: _____ Coach _____ :

School Phone: _____ Coach Phone: _____

Principal/Athletic Director: _____

BOYS CIRCLE ONE GIRLS

CHECK EVENTS ENTERED

_____ 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)
_____ SHOT PUT RELAY
_____ DISCUS RELAY
_____ LONG JUMP RELAY
_____ HIGH JUMP RELAY

TOTAL ENTRY FEE ENCLOSED: \$ _____

ENTRY DUE APRIL 8TH, 2020

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ORDER OF EVENTS MIDDLE SCHOOL RELAYS, START TIME 4:00 PM

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.