

# 48TH ANNUAL WOODBURY RELAYS

25 NORTH BROAD STREET, WOODBURY, NJ 08096

Dan Howey Athletic Director

856-853-0123 EXT. 253

**Saturday April 23, 2022**

Total Team Fee to cover **all Men's events** (including Field Events) is **\$350.00**

Total Team Fee to cover **all Women's events** (including field Events) is **\$350.00**.

**\$60.00** per Relay    **\$35.00** per Field Event    **\$15.00** per steeplechase athlete (**limit 3 per school**)

Mail Entries to:

Dan Howey, Athletic Director

Woodbury Jr/ Sr High school

25 N. Broad Street

Woodbury, NJ 08096

**Entries are due by Friday, April 15<sup>th</sup> 2022.**

**Please complete both parts of the entry process.**

1. Mail Entry Form and Payment
2. Enter online through the Milesplit Entry Process.

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

- All teams must be paid prior to running. An official school voucher will be accepted.

- Gold watches will be awarded for all first places in all events. *Medals will be awarded 2<sup>nd</sup>. thru 6<sup>th</sup> Place.*

- 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.

**-Deadline for Milesplit Entry is Thursday April 21<sup>st</sup> at 5:59pm.**

- All Relays and individual athletes not entered by this date will NOT be allowed to compete.

- Unfortunately, no exceptions can be made to this rule.

- Individual field entries must be entered on Milesplit by name and their BEST DISTANCE.

- An email will be sent out after the meet closes with all accepted athletes and seeds for the relays.

- 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.*

Please direct all questions to Geoffrey Shute- Email [gshute12@gmail.com](mailto:gshute12@gmail.com)

Phone 856 952 8452

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## 1. Paper Entry Instructions

- Fill out a paper entry indicating which events will be entered for boys and girls.
- Deadline for paper entries is Friday, April 15<sup>th</sup> 2022.
- Enclose payment payable to the **Woodbury Public Schools**.
- Mail entry and payment to: Dan Howey, Athletic Director  
25 N. Broad Street  
Woodbury, NJ 08096

## 2. Online Entry Instructions

- Entering a Meet Online – [www.nj.milesplit.com](http://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 18th- 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 21<sup>st</sup> at 5:59pm

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OFFICIAL ENTRY BLANK FOR 2022  
SATURDAY, APRIL 23th, 2022 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.**

\*\*\* FIELD 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 148' \_\_\_\_\_  
High Jump Qual. Standard 6'0" \_\_\_\_\_  
Long Jump Qual. Standard 21' \_\_\_\_\_  
Triple Jump Qual. Standard 42'6 \_\_\_\_\_  
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 16'6 \_\_\_\_\_  
Triple Jump Qual. Standard 34' \_\_\_\_\_  
Pole Vault, Qual. Standard 9' \_\_\_\_\_

Steeplechase (**\$15 per runner, not covered by the team entry fee**)

**Fees: Per Team \$350, Ind. Relay \$60, Ind. Field \$35 Steeple \$15 Per Runner EXTRA**

**Total Entry Fee Enclosed: \$ \_\_\_\_\_**

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## **ORDER OF EVENTS** **SATURDAY, APRIL 23rd, 2022** **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 (**LIMIT 3 ATHLETES PER TEAM**)

### **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.