

# 48TH ANNUAL WOODBURY RELAYS

25 NORTH BROAD STREET, WOODBURY, NJ 08096

Dan Howey, Athletic Director  
856-853-0123 EXT. 253

**MIDDLE SCHOOL RELAYS Friday, APRIL 22nd, 2022**  
**START TIME 4:00 PM**

**1. Total Team Fee for all Boys events (including Field Events) is \$200.00.**

Total Team Fee for all Girls events (including Field Events) is \$200.00.

\$ 45.00 per Relay \$ 35.00 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 13th, 2022.

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 20th will not be allowed to compete. Unfortunately, no exceptions can be made to this rule.**

**10. Please see attached form for milesplit directions**

Please direct all questions to **Geoffrey Shute**. Email [ghsute12@gmail.com](mailto:ghsute12@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 Wednesday April 13th, 2022.
- 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](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 22nd - 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 20<sup>th</sup> at 5:59pm

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## 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 13TH, 2022

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

GIRLS WILL RUN FIRST IN ALL RUNNING EVENTS

EVENT 1: 3200 METER RELAY (4 X 800)

EVENT 2. 800 METER RELAY (4 X 200)

EVENT 3 MEDLEY RELAY (200, 200, 400, 1600)

EVENT 4. 400 METER RELAY (4 X 100)

EVENT 5. 1600 METER RELAY (4 X 400)

### **FIELD EVENTS:**

EVENT 6. SHOT RELAY (BOYS FOLLOWED BY GIRLS)

EVENT 7 DISCUS RELAY (GIRLS FOLLOWED BY BOYS)

EVENT 8 LONG JUMP RELAY (BOYS FOLLOWED BY GIRLS)

EVENT 9 HIGH JUMP RELAY (GIRLS FOLLOWED BY BOYS)

### **FIELD EVENT RULES:**

A. 2 ATHLETES PER TEAM, ONE RELAY PER SCHOOL

B. 3 THROWS OR JUMPS PER ATHLETE (except High Jump)

C. BEST PERFORMANCE OF EACH WILL BE ADDED TOGETHER FOR THE TOTAL FOR THE TEAM.