

49TH ANNUAL WOODBURY RELAYS

25 NORTH BROAD STREET, WOODBURY, NJ 08096

Dan Howey, Athletic Director

856-853-0123 EXT. 253

MIDDLE SCHOOL RELAYS

Friday, APRIL 21st, 2023

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 Monday, April 17th, 2023.

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. Again 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 19th 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

Phone 856 952 8452

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START TIME 4:00 PM

1. Paper Entry Instructions

- Fill out a paper entry indicating which events will be entered for boys and girls.
- Deadline for paper entries is Monday, April 17th, 2023.
- 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 21st - 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 19th at 5:59pm

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MIDDLE SCHOOL RELAYS

Friday, APRIL 21st, 2023

START TIME 4:00 PM

MIDDLE SCHOOL ENTRY

School: _____ Coach: _____

School Phone: _____ Coach Phone: _____

Principal/Athletic Director: _____

CIRCLE ONE BOYS GIRLS BOTH

CHECK EVENTS ENTERED

Boys/ 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)
_____/_____ _____	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.