

49TH ANNUAL WOODBURY RELAYS

25 NORTH BROAD STREET, WOODBURY, NJ 08096

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

Saturday April 22nd, 2023

Total Team Fee to cover **all Men's events** (including Field Events) is **\$375.00**

Total Team Fee to cover **all Women's events** (including field Events) is **\$375.00**.

\$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 14th 2023.

Please complete all parts of the entry process.

1. Mail Entry Form and Payment
2. Enter online through the Milesplit Entry Process.
3. Please make sure you have an up to date email address associated with your milesplit account

-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 2nd. thru 6th 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 20th 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 with only verified marks.

- An email will be sent out after the meet closes with all accepted field 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

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 15th 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
- You should have already claimed your team and managed your roster.
- Please make sure you have an up to date email address associated with your milesplit account
- All announcements and notifications will come through the email associated with the team account
- Click the NJ MileSplit site's calendar and find April 22nd- 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 20th at 5:59pm

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Field Event Entry Guidelines

-We will accept all athletes who have met the standard in the particular event (during HS career).

-All marks must be verified through Mileplit. We will not accept any unverified seeds in any event.

-If an event does not reach the maximum field size, we will accept the top verified seeds (Milesplit) who have not achieved the standard until the maximum field size is achieved.

BOYS STANDARD

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 STANDARD

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'

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OFFICAL ENTRY BLANK FOR 2023
SATURDAY, APRIL 22nd, 2023 9:00am

SCHOOL: _____

GROUP: _____ NJSIAA ENROLLMENT: _____

Coach's Name

Coach's Email

Coach's Cell Phone

SIGNATURE OF ATHLETIC DIRECTOR

Please enter seed times on Milesplit through the online entry procedure.

BOYS ENTRY

_____ Total Team Fee (\$375)

_____ Individual Relay Fee (# x \$60)

_____ Individual Field Event Fee (# x \$35)

_____ Steeplechase (**\$15 per runner, not covered by the team entry fee- 3 per team max**)

GIRLS ENTRY

_____ Total Team Fee (\$375)

_____ Individual Relay Fee (# x \$60)

_____ Individual Field Event Fee (# x \$35)

_____ Steeplechase (**\$15 per runner, not covered by the team entry fee- 3 per team max**)

Total Entry Fee Enclosed: \$ _____

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ORDER OF EVENTS **SATURDAY, APRIL 22nd, 2023** **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 (MEN, THEN WOMEN) (FOLLOWS LONG JUMP)

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

+++ May be run with a Waterfall start.