

46TH. ANNUAL WOODBURY RELAYS

25 NORTH BROAD STREET, WOODBURY, NJ 08096

JAMES MOHAN, MEET DIRECTOR

856-853-0123 EXT. 253

FAX: 856-384-0468

jchiefmohan@comcast.net

MIDDLE SCHOOL RELAYS

FRIDAY, APRIL 20th, 2018

1. Total Team Fee for all Boys Events (including Field Events) is \$150.00.
Total Team Fee for all Girls events (including Field Events) is \$150.00.
\$ 25.00 per Relay \$ 15.00 per Field Event Relay

Mail Entries to: Jim Mohan, Meet Director
116 Colgate Ave.
Somerdale, NJ 08083

Entries are due by Tuesday, April 10th, 2018. 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 ACTIVITY FUND.**
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. 1/4" or smaller spikes only.
9. Coaches must fill out relay cards in full. **PLEASE PRINT ALL INFORMATION CLEARLY.**
10. **The FAX number for Woodbury H.S. Athletic Director is: 856-384-0468**

Best wishes for a great season,

Jim Mohan, Meet Director

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MIDDLE SCHOOL ENTRY

School: _____ Coach: _____

School Phone: _____ Coach Phone: _____

Principal/Athletic Director: _____

BOYS

CIRCLE ONE
CHECK EVENTS ENTERED

GIRLS

_____ 3200 METER RELAY (4 X 800)

_____ 800 METER RELAY (4 X 200)

_____ MEDLEY RELAY (200, 200, 400, 1600)

_____ 400 METER RELAY (4 X 100)

_____ 1600 METER RELAY (4 X 400)

FIELD EVENTS

_____ SHOT

_____ DISCUS

_____ LONG JUMP

TOTAL ENTRY FEE ENCLOSED: \$ _____

ENTRY DUE APRIL 12TH, 2018

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MIDDLE SCHOOL RELAYS

ORDER OF EVENTS

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 REIAY 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 PREFORMANCE OF EACH WILL BE ADDED

TOGETHER FOR THE TOTAL FOR THE TEAM.