

December 22, 2011

To All Coaches:

2012 WEST DEPTFORD RELAYS
20th ANNUAL

This year the 20th Annual West Deptford Relays will be held on April 14th at West Deptford High School. We will continue to try to improve our meet to present the best possible event and competition. We will once again have automatic timing at our event this year, as well as sanctioning the event for Delaware, and Pennsylvania schools. We have also taken into consideration much of the feedback we received after last year's meet in order to continue as the premier girls' only relay meet in the area. **New for 2012 – a triple jump relay.** The specifics of the meet are listed on the West Deptford Girls Track website which can be reached from the West Deptford high school webpage or directly at (http://www.wdeptford.k12.nj.us/high_school/WD_Relays/Default.htm). If you are new to our relays, we have a unique format for our field event relays – 3 participants per team instead of the standard 2 per team, in order to give more athletes the opportunity to compete. Tom Thomasson, a former track athlete and operator of a local race-timing service will once again serve as our meet director. You may download the application/entry form and the meet procedures and mail or fax the entry **by March 21, 2012** to:

West Deptford Girls' Track Association
c/o Coach Drummond
West Deptford H.S.
1600 Old Crown Point Road
Westville, NJ 08093
Fax: (856) 848-1917

Team HyTek Rosters should be emailed to Adam Cramer at wrelays@yahoo.com by April 1st. Please list your school name in the subject line of your email.
If you are a Delaware or Pennsylvania school, please contact Adam Cramer by email for roster instructions.

If you have any questions regarding the procedures and information received, please contact Mark Drummond at mdrummond@wdeptford.k12.nj.us or (848-6110 x 2005).

Thank you. See you on the 14th!

**WEST DEPTFORD RELAYS
ENTRY FORM**

Entries: Due on or before Monday March 21, 2012

Entry Fee: \$275 – Checks payable to: West Deptford High School

School _____
NJSIAA Group _____ or 10th – 12th Enrollment Number (out of state) _____

West Deptford Relays (Girls Only)

Saturday, April 14, 2012

Sign in time/Early Bird Seeding: 8:30 AM

Field Events begin: 9:00 AM

Running Events begin: 9:00 AM

Coach _____ Phone: School _____ Home _____

Coach's email _____

ATHLETIC DIRECTOR'S SIGNATURE _____

Field Event Relays (3 Girls) Beginning at 9:00

Shot Put Discus Javelin Long Jump **Triple Jump** High Jump "Bill Moore"
Pole Vault Relay

Running Relays (4 Girls except for 3x400 IH) Beginning at 9:00

Order of Events

- 1) 4x1600m Relay – Two races (Groups I and II, Groups III and IV) scoring by groups
- 2) 3x400m Intermediate Hurdle Relay
- 3) 4x100m Relay
- 4) Distance Medley Relay (1200 – 400 – 800 – 1600)
- 5) 4x100m Shuttle Hurdle Relay (4x10 Hurdles)
- 6) 4x200m Relay
- 7) 4x800m Relay
- 8) Sprint Medley Relay (200 – 200 – 400 – 800)
- 9) 4x400m Relay

RETURN THIS FORM TO:

WEST DEPTFORD HIGH SCHOOL GIRLS TRACK
C/O COACH DRUMMOND
1600 OLD CROWN POINT ROAD
WESTVILLE, NJ 08093

MAKE CHECKS PAYABLE TO: WEST DEPTFORD GIRLS TRACK

WEST DEPTFORD RELAYS

TO: Girls Track Coach and Athletic Director
SUBJECT: 20th Annual West Deptford Relays (Women Only)
Saturday April 14, 2012
Starting Time: 9:00 AM - Field Events and Track Events

Now sanctioned for NJ, DE and PA!

The meet will consist of four divisions based on NJSIAA grouping. (Out of state schools will be grouped by 10th – 12th enrollment)

The events will include: 9 varsity running relays
6 varsity field relays (**3 participants per team**)

ORDER OF FIELD EVENTS – BEGINNING AT 9:00 AM

DISCUS: Group IV,I,II,III
JAVELIN: Group II,III,IV,I
SHOT PUT: Group I,II,III,IV
LONG JUMP: Group I Open pit 9:00 – 10:30
Group II Open pit 10:45 – 12:15
Group III Open pit 12:30 – 2:00
Group IV Open pit 2:15 – 3:45
TRIPLE JUMP: Group IV Open pit 9:00 – 10:30
Group III Open pit 10:45 – 12:15
Group II Open pit 12:30 – 2:00
Group I Open pit 2:15 – 3:45

HIGH JUMP: Group III followed by Group II
Group I followed by Group IV

- 1) Starting height 4'0"
- 2) Each competitor is allowed a total of **3 attempts at each height**
- 3) Each competitor is allowed **6 total attempts**
- 4) In the case of a tie, the best individual performance will be used to decide the higher place.
- 5) Jumping area is the tennis courts (newly resurfaced) – NO SPIKES

“BILL MOORE”

POLE VAULT

RELAY:

(3 Person Event)

- 1) Starting height 6'0"
- 2) 9:00AM start until completion
- 3) Scoring event - 4 divisions
- 4) Each competitor is allowed a total of **3 attempts at each height.**
- 5) Each competitor is allowed **6 total attempts.**
- 6) In the case of a tie, the best individual performance will be used to decide the higher place.

ORDER OF RUNNING EVENTS – BEGINNING AT 9:00

- 1) 4x1600m Relay – Two races (Groups I and II, Groups III and IV) scoring by groups
- 2) 3x400m Intermediate Hurdle Relay
- 3) 4x100m Relay
- 4) Distance Medley Relay (1200 – 400 – 800 – 1600)
- 5) 4x100m Shuttle Hurdle Relay (4x10 Hurdles)
- 6) 4x200m Relay
- 7) 4x800m Relay
- 8) Sprint Medley Relay (200 – 200 – 400 – 800)
- 9) 4x400m Relay

SCORING AND AWARDS: Based on the first 6 places in each division

10-8-6-4-2-1 in all events – Medals to 1st through 6th
Top Scoring Team in each division will receive a trophy

ADDITIONAL INFORMATION: 1/8 spikes only

All races are final on time

NO starting blocks permitted in any race

Each team will provide their own
throwing implements and batons

All field relays will compete with 3 girls