

40th 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
Saturday, April 21st, 2012

1. Total Team Fee to cover **all Men's events** (including Field Events) is \$ 275.00.
Total Team Fee to cover **all Women's Events** (including field Events) is \$ 275.00.
\$40.00 per Relay \$ 30.00 per Field Event

Mail Entries to: James Mohan
 116 Colgate Ave.
 Somerdale, NJ 08083
Entries are due by Tuesday, April 10th 2012. No late Entries will be accepted!!!
Enter early and update seed times and distances up to April 17th.
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. Gold watches will be awarded for all first places in all events. **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. Failure could result in disqualification. **Medals will be awarded thru 6th Place.**
6. **ONLY ONE RELAY TEAM PER SCHOOL PER EVENT.** Individual entries must be listed by name and their BEST DISTANCE. Any athlete not meeting the standards this year or last should not be entered. No refunds will be given if an athlete is rejected. We will only notify you if your athlete has been **REJECTED!** If you have any questions concerning your athlete's acceptance, please call: Jim Mohan at 856-627-1432.
7. Schools will be placed by their NJSIAA enrollment figures. (Track specific)
8. Only the seven running relays will be scored for the Team Championships. Scoring is on a 10-8-6-4-2-1 basis.
9. ¼ " or less SPIKES ONLY.
10. Coaches must fill out relay cards in full. **PLEASE PRINT ALL INFORMATION CLEARLY!!**
11. We will **NOT** provide batons.
12. **NO STARTING BLOCKS.**
13. **SEEDING MEETING WILL BE HELD ON TUESDAY, APRIL 17th AT 7:00 PM IN THE WOODBURY HIGH SCHOOL CAFETERIA. IF YOU WANT INPUT TOWARD THE SEEDING OF THE MEET, PLAN ON ATTENDING THIS MEETING.**
14. **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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JAMES MOHAN, MEET DIRECTOR

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FAX: 856-384-0468

856-627-1432 (Home)

MEN'S OFFICIAL ENTRY BLANK FOR 2012 SATURDAY, APRIL 21st, 2012

SCHOOL: _____ GROUP: _____ NJSIAA ENROLLMENT: _____

SIGNATURE OF PRINCIPAL

SIGNATURE OF ATHLETIC DIRECTOR

PRINT NAME OF COACH

HOME PHONE

E-Mail

Check events your school will enter and submit times for all teams. If you estimate times, please be conservative and honest.
The times will be checked by the Seeding Committee. The Seeding Committee reserves the right to place all teams. The Seeding Committee's decision will be final.

_____ 400 Meter Relay (4 X 100) Time: _____

_____ 800 Meter Relay (4 X 200) Time: _____

_____ Sprint Medley Relay (400, 200, 200, 800) Time: _____

_____ Distance Medley Relay (1200, 400, 800, 1600) Time: _____

_____ 440 Shuttle Hurdle Relay (4 X 110) Time: _____

_____ 1600 Meter Relay (4 X 400) Time: _____

_____ 3200 Meter Relay (4 X 800) Time: _____

***** SPRINT MEDLEY AND 1600 METER REALYS MAY BE RUN WITH A WATERFALL START****

**SPECIAL EVENTS BY INVITATION (ALL ENTRIES MUST INCLUDE A HEIGHT OR DISTANCE) (PLEASE INCLUDE MEET WHERE THE MARK WAS SET ON THE BACK)

Pole Vault Qual. Standard 11' Name: _____ Best Height: _____

Shot Put Qual. Standard 45' Name: _____ Best Distance: _____

Discus Qual. Standard 130' Name: _____ Best Distance: _____

Javelin Qual. Standard 140' Name: _____ Best Distance: _____

High Jump Qual. Standard 6'2" Name: _____ Best Height: _____

Long Jump Qual. Standard 21' Name: _____ Best Distance: _____

Triple Jump Qual. Standard 38' Name: _____ Best Distance: _____

Steeplechase (\$10 per runner, not covered by the team entry fee) Name: _____

ENTRIES DUE BY TUESDAY, APRIL 10th, 2012

TOTAL ENTRY FEE ENCLOSED: \$ _____

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WOMEN'S OFFICAL ENTRY BLANK FOR 2012 SATURDAY, APRIL 21st. 2012

SCHOOL: _____ GROUP: _____ NJSIAA ENROLLMENT: _____

SIGNATURE OF PRINCIPAL

SIGNATURE OF ATHLETIC DIRECTOR

PRINT NAME OF COACH

HOME PHONE NUMBER

E-Mail

CELL PHONE:

Check events your school will enter and submit times for all teams. If you estimate times, please be conservative and honest. The times will be checked by the Seeding Committee. The Seeding Committee reserves the right to place all teams. The Seeding Committee's decision will be final.

_____ 400 Meter Relay (4 X 100) Time: _____

_____ 800 Meter Relay (4 X 200) Time: _____

_____ Sprint Medley Relay (400, 200, 200, 800) Time: _____

_____ Distance Medley Relay (1200, 400, 800, 1600) Time: _____

_____ 400 Meter Shuttle Hurdle Relay (4 X 100) Time: _____

_____ 1600 Meter Relay (4 X 400) Time: _____

_____ 3200 Meter Relay (4 X 800) Time: _____

Sprint Medley and 1600 Meter Relays may be run with a waterfall start.

*** SPECIAL EVENTS BY INVITATION (ALL ENTRIES MUST INCLUDE A HEIGHT OR DISTANCE) *** PLEASE INCLUDE THE MEET THE MARK WAS SET. ***

Shot Put Qual. Standard 34' Name: _____ Distance: _____

Discus Qual. Standard 100' Name: _____ Distance: _____

Javelin Qual. Standard 100' Name: _____ Distance: _____

High Jump Qual. Standard 5' Name: _____ Height: _____

Long Jump Qual. Standard 16' Name: _____ Distance: _____

Triple Jump Qual. Standard 32' Name: _____ Distance: _____

Pole Vault, Qual. Standard 8' Name: _____ Height: _____

Steeplechase (\$10 per runner, not covered by the team entry fee) Name: _____

Total Entry Fee Enclosed: \$

Entries are due by Tuesday, April 10th, 2012

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ORDER OF EVENTS **SATURDAY, APRIL 21st, 2012** **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 DISTANCE MEDLEY (1200, 400, 800, 1600) ***
EVENT 2	MEN'S DISTANCE MEDLEY (1200, 400, 800, 1600) ***
EVENT 3	WOMEN'S SHUTTLE HURDLES (HOME SIDE)
EVENT 4	MEN'S SHUTTLE HURDLES (VISITORS SIDE)
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	3000 METER STEEPLECHASE (MEN AND WOMEN COMBINED)
EVENT 10	WOMEN'S 400 METER RELAY
EVENT 11	MEN'S 400 METER RELAY
EVENT 12	WOMEN'S SPRINT MEDLEY RELAY (400, 200, 200, 800) +++
EVENT 13	MEN'S SPRINT MEDLEY RELAY (400, 200, 200, 800) +++
EVENT 14	WOMEN'S 1600 METER RELAY +++
EVENT 15	MEN'S 1600 METER RELAY +++

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 (WOMEN, THEN MEN) (FOLLOWS LONG JUMP)

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

+++ May be run with a Waterfall start.

