

January 5, 2019

To All Coaches:

2019 WEST DEPTFORD RELAYS
27th ANNUAL

This year the 27th Annual West Deptford Relays will be held on **April 13th** at West Deptford High School. **We have one major change this year – we will be adding some JV events – 4x100, 4x400 and 4x800. These events will be non-scoring and mixed in terms of groups.** We will once again have automatic timing at our event this year, as well as sanctioning the event for Delaware, and Pennsylvania schools. 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. You may download the application/entry form and the meet procedures and mail or fax the entry **by April 5th, 2019** 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

We will once again be using Tomahawk Timing for our meet but we will be using NJ Milesplit for entries to this year's meet. Please enter all events on Milesplit by April 5th. Please contact Tomahawk Timing with any questions at tomhawktiming@yahoo.com.

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 2009).

Thank you. See you on the 13th!

**WEST DEPTFORD RELAYS
ENTRY FORM**

Entries: Due on or before Friday April 5th, 2019

Entry Fee: \$300 or \$35 per relay – Checks payable to: West Deptford Girls Track

School _____

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

West Deptford Relays (Girls Only)

Saturday, April 13, 2019

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

Total Fees Due

TEAM ENTRY(\$300) _____ or # of Relays Entered x \$35/relay _____

(Please circle the anticipated relays entered above when entering individual relays)

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 – not West
Deptford Public Schools**

WEST DEPTFORD RELAYS

TO: Girls Track Coach and Athletic Director
SUBJECT: 27th Annual West Deptford Relays (Women Only)
Saturday April 13, 2019
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 I, II, III, IV
JAVELIN: Group III, IV, I, II
SHOT PUT: Group II, III, IV, I
LONG JUMP: Group II Open pit 9:00 – 10:30
Group III Open pit 10:45 – 12:15
Group IV Open pit 12:30 – 2:00
Group I Open pit 2:15 – 3:45
TRIPLE 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
HIGH JUMP: Group II and Group III
Group I and Group IV (30 minutes after completion of 1st group)

- 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 will take place on high jump area of track – all weather

“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 – SATURDAY BEGINNING AT 9:00

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

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 or 1/4 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