

**MILLBURN TOWNSHIP PUBLIC SCHOOLS**

462 MILLBURN AVENUE  
MILLBURN, NEW JERSEY 07041-1211  
973-564-7166

*Director of Athletics*

March 10, 2026

**TO:** Athletic Directors and Track Coaches  
**FROM:** Christopher Drechsel, Athletic Director  
**SUBJECT:** **PAUL H. BECK MEMORIAL RELAYS, April 25, 2026**

On behalf of the Millburn Track Staff I would like to invite you to the 35<sup>th</sup> annual Paul H. Beck Memorial Relays, in honor of our former teacher, track-coach and Athletic Director.

Once again, predominantly local schools will be invited and it is our hope that the level of competition will remain strong throughout the meet. Our goal is to provide you and your team with a rewarding and efficiently run meet. **We will be limiting the number of teams/entries, so please email Jeff Kaye ([jeffrey.kaye@millburn.org](mailto:jeffrey.kaye@millburn.org)) to check if the meet is open / get the password.**

**The entry will be completed on Milesplit, but you must also mail in the registration form with payment!** Go to the calendar and register online. You can enter 8 names for each running relay and up to 4 names for each field event relay. You will indicate who is competing at the meet. Changes **cannot** be made at the meet!  
**You must enter online by Wednesday, April 23<sup>th</sup> by noon!**

Enclosed please find a team entry form, general and specific information, and an order of events.

All registrations must be received by **April 18<sup>th</sup>** with a check or PO made payable to "**Millburn High School**".

The cost will be **\$30.00** per event with a **\$150.00** minimum entry fee per team. Once again, we are making available a blanket entry for schools wishing to enter every event. The cost will be **\$400.00** per team (boys and girls teams are considered two separate teams). If a school would like to enter all the events offered for both boys and girls teams, the total cost will be **\$800.00**. Please note that **one** additional team (B Team non-scoring) may be entered in each event (**except discus**). **Please do not take advantage of this rule and attempt to enter more than ONE B team.**

We will have fully automatic timing.

We wish your team a successful season and look forward to seeing you on April 29<sup>th</sup>.

Sincerely,

Christopher Drechsel  
(James Shriner)  
Athletic Director

Jeff Kaye  
Head Boys Track Coach

Amanda Dilworth  
Head Girls Track Coach

FB:cm  
Enc.

## MILLBURN TOWNSHIP PUBLIC SCHOOLS

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973-564-7166

DIRECTOR OF ATHLETICS

March 10, 2025

### PAUL H. BECK MEMORIAL RELAYS

**DATE:** Saturday, April 25, 2026  
**TIME:** 9:00 am - RAIN OR SHINE  
**PLACE:** Millburn High School

**Please mail the registration form (last page) by 4/17/26 with payment.  
Milesplit Registration MUST be complete by 4/22/26 by noon!**

### General Information for 2026

1. There will be on site parking.
2. All events will begin at 9:00 am
3. The 6-jump rule (based on entries) may be in effect for the high jump & pole vault events.
4. N.J.S.I.A.A. Rules will govern the meet.
5. ¼" pyramid spikes will be allowed in all events
6. No team score will be kept.
7. The use of blocks will **ONLY** be permitted in the 4x100, 4x200, and hurdle races.
8. Please provide your own batons, shot put, discus, javelin, and poles.
9. Refreshments will be sold throughout the meet.
10. Medals will be awarded to top 6 relay teams in all events.
11. Fully automatic timing for all results.
12. All field event relays are 2 person teams
13. **The 3x400m IH runners will run individually to insure more competitive races. Their times will be added to score as a relay.**
14. **Only one "B" team will be permitted in each event **except for discus**. "B" teams will compete in separate non-scoring heats/flights when appropriate.**
15. **As in the past, we will permit "B" teams in the 4x1600m relay, however we ask that you exercise good judgment and only enter a team that will be competitive, as our goal is to run only 1 heat for each gender in this event.**

### INSTRUCTIONS FOR COACHES

1. **Starting Heights**
  - A. Boys High Jump will begin at 5'0" and will be raised in 3" intervals to 5' 6", then 2" intervals thereafter.
  - B. Girls High Jump will begin at 4'0" and will be raised in 3" intervals to 4' 6", then 2" intervals thereafter.
  - C. In the High Jump, Boys will be followed by Girls.
  - D. Girls Pole Vault will begin at 7' 0" and will be raised in 1' intervals to 9'0", then 6" intervals thereafter. (This could be lowered depending on entries)
  - E. Boys Pole Vault will begin at 9' 0" and will be raised in 1' intervals to 11', then 6" intervals thereafter. (This could be lowered depending on entries)
  - F. In all field events, **both competitors** must clear a height or mark in order to score as a team. Depending on entries, if one competitor does not clear their opening height, the teammate may not be allowed to continue.

2. **Limits of Jumps and Throws**

- A. Shot Put - 3 throws NO FINALS
- B. Discus - 3 throws NO FINALS (1 team only!)
- C. Javelin - 3 throws NO FINALS
- D. Long Jump - 3 jumps NO FINALS
- E. Triple Jump - 3 jumps NO FINALS
- F. High Jump - 6 jump rule depending on the number of entries.
- G. Pole Vault\* - 6 jump rule depending on the number of entries.

3. **Pole Vault and High Jump Tie Breaker**

- A. The team with the fewest total misses up to and including the last heights cleared will be awarded the higher place.

4. **Warm-Ups**

- A. **Jumps and Weights** - Warm-ups in the shot, discus, and javelin will be permitted between flights. High Jumpers and Pole Vaulters passing three (3) consecutive heights will be permitted one (1) warm-up without crossbar in place. Long & Triple Jumpers will be permitted to run through during their open pit period providing no athlete is waiting to jump. Jumpers take preference over athletes warming up.
- B. All other warm-ups are to be performed outside the track area.
- C. No food will be permitted on the turf.

5. **Field Event Check-In Procedure**

- A. A team must check in by 8:45 am, before the start of competition in the High Jump and Pole Vault.
- B. A team must check into the long jump, triple jump, shot put, discus, and javelin at the beginning of the competition. Failure to do so will result in disqualification from that event. All jumps/throws must be completed within the time allotted.
- C. In the long jump each competitor will be permitted three (3) jumps. Boys Long Jump must be completed by 11:00. Girls Long Jump will begin at 11:15.
- D. In the triple jump each competitor will be permitted three (3) jumps. Girls Triple Jump must be completed by 11:00. Boys Triple Jump will begin at 11:15

6. The concrete shot put and discus circles are located beyond the baseball diamond behind the home side bleachers. The Javelin area is located to the left of the shot put circles.

7. Awards may be picked up on the infield after the results have been announced.

8. **Seeding Procedure** - Seeding will be entered on Milesplit. Please enter a seed that your team can run today. We must insist that all times submitted are actual and not guesses or projections. **We appeal to your sense of sportsmanship and appreciate your cooperation.**

9. Check in for all opening events - 8:45 am

10. You will highlight your competitors on the heat sheets for running events and you will receive stickers to put on your field event cards.

**PAUL H. BECK MEMORIAL RELAYS**  
**ORDER OF EVENTS**

**RUNNING**

9:00 a.m.	1. 4 x 1600m Relay	-Final - Varsity Girls (1 heat)
	2. 4 x 1600m Relay	-Final - Varsity Boys (1 heat)
	3. Shuttle Hurdle	-Final - V-Girls
	4. Shuttle Hurdle	-Final - V-Boys
	5. 4 x 100m Relay	-Final - V-Girls
	6. 4 x 100m Relay	-Final - V-Boys
	7. 4 x 800m Relay	-Final - V-Girls
	8. 4 x 800m Relay	-Final - V-Boys
	9. Sprint Medley	-Final - Novice Girls (400-200-200-800)
	10. Sprint Medley	-Final - Novice Boys (400-200-200-800)
	11. Sprint Medley	-Final - V-Girls (400-200-200-800)
	12. Sprint Medley	-Final - V-Boys (400-200-200-800)
	13. 3 x 400m Int. Hurd.	-Final - V-Girls
	14. 3 x 400m Int. Hurd.	-Final - V-Boys
	15. 4 x 200m	-Final - V-Girls
	16. 4 x 200m	-Final - V-Boys
	17. Distance Medley	-Final - V-Girls (1200-400-800-1600)
	18. Distance Medley	-Final - V-Boys (1200-400-800-1600)
	19. 4 x 400m	-Final - Novice Girls
	20. 4 x 400m	-Final - Novice Boys
	21. 4 x 400m	-Final - V-Girls
	22. 4 x 400m	-Final - V-Boys

**FIELD EVENTS**

9:00 a.m.	Pole Vault: Girls followed by Boys (possible 6 jump rule)
	High Jump: Boys followed by Girls (possible 6 jump rule)
9:00 am - 11:00 am	Long Jump: Varsity Boys (Open Pit)
9:00 am - 11:00 am	Triple Jump: Varsity Girls (Open Pit)
11:15 am - 1:30 pm	Long Jump: Varsity Girls (Open Pit)
11:15 am - 1:30 pm	Triple Jump: Varsity Boys (Open Pit)

**SHOT PUT- 9:00 am Start**

Novice Boys

V-Girls

V-Boys

**DISCUS – 9:00 am Start – 1 team only for each division!**

*We will utilize 2 circles, so Novice Girls and Varsity Boys will both start at 9am*

Novice Girls

V-Boys

V-Girls

**JAVELIN**

9:00 am - 11:00 am      V-Boys

11:15 am - 1:30 pm      V-Girls

**REMINDER: Only one (1) additional team (B) may be entered in each event except discus.**

REGISTRATION FORM

PAUL H. BECK MEMORIAL RELAYS  
APRIL 25, 2026

Please mail this Registration Form with payment or PO by April 17, 2026

\*\*\*Register on Milesplit by 6pm Wednesday, April 22, 2026\*\*\*

SCHOOL NAME \_\_\_\_\_ SCHOOL PHONE \_\_\_\_\_

HEAD COACH \_\_\_\_\_ HOME/CELL PHONE \_\_\_\_\_

ATHLETIC DIRECTOR \_\_\_\_\_

Boys Events Entered: \_\_\_\_\_ x \$30.00 = \$ \_\_\_\_\_ Minimum Entry \$150.00

Girls Events Entered: \_\_\_\_\_ x \$30.00 = \$ \_\_\_\_\_

OR

Blanket Entry: Boys \$400. Girls \$400. Overall Entry: Boys & Girls: \$800.

Signature: \_\_\_\_\_  
Athletic Director

Mail entries and check to :  
Christopher Drechsel, AD  
Millburn Township Public Schools  
462 Millburn Ave.  
Millburn, NJ 07041

**\*\*Make checks payable to Millburn High School**

If you have any questions, please call Christopher Drechsel at 973-564-7130 x10010 or 973-255-0235 or email christopher.drechsel@millburn.org or email James Shriner at james.shriner@millburn.org.

You can also email Jeff Kaye at jeffrey.kaye@millburn.org with any questions.

This form can be faxed to 973-314-1085 or emailed to jeffrey.kaye@millburn.org and charla.macaluso@millburn.org