

January 5, 2018

To All Coaches:

**2018 WEST DEPTFORD RELAYS**  
**26th ANNUAL**

This year the 26th Annual West Deptford Relays will be held on **April 14<sup>th</sup>** at West Deptford High School. **We have one major change this year – we will be moving the 4x800 relay to back to Saturday.** While we had some positive feedback last year, several factors made it impossible for us to host two days this year. 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](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 6th, 2017** 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 5<sup>th</sup>. Please contact Tomahawk Timing with any questions at [tomahawktiming@yahoo.com](mailto:tomahawktiming@yahoo.com).**

If you have any questions regarding the procedures and information received, please contact Mark Drummond at [mdrummond@wdeptford.k12.nj.us](mailto: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 Friday April 6th, 2018**

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

School \_\_\_\_\_

NJSIAA Group \_\_\_\_\_ or 10<sup>th</sup> – 12<sup>th</sup> Enrollment Number (out of state) \_\_\_\_\_

West Deptford Relays (Girls Only)

Saturday, April 14, 2018

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
- 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

**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: 26th Annual West Deptford Relays (Women Only)  
Saturday April 14, 2018  
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 10<sup>th</sup> – 12<sup>th</sup> 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 II, III, IV, I  
JAVELIN: Group IV, I, II, III  
SHOT PUT: Group III, IV, I, II  
LONG JUMP: Group III ..... Open pit 9:00 – 10:30  
Group IV ..... Open pit 10:45 – 12:15  
Group I ..... Open pit 12:30 – 2:00  
Group II ..... Open pit 2:15 – 3:45  
TRIPLE 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  
HIGH JUMP: Group I and Group IV  
Group II and Group III (30 minutes after completion of 1<sup>st</sup> 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
- 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 1<sup>st</sup> through 6<sup>th</sup>  
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