

January 14, 2008

To All Coaches,

## **WELCOME TO THE WEST DEPTFORD RELAYS**

This year the relays will be held on April 12 at West Deptford High School. Several changes have been made regarding event schedule and awards. These changes are listed on the West Deptford Girls Track website which can be reached from the high school webpage or directly ([http://www.wdeptford.k12.nj.us/high\\_school/Spring\\_Girls\\_Track/Default.htm](http://www.wdeptford.k12.nj.us/high_school/Spring_Girls_Track/Default.htm)). John Carey, a former West Deptford track parent and school administrator, will again be the meet director. Coaches Bill Moore, Bob Cooper, and Mark Drummond, men long associated with South Jersey track, have volunteered to help make sure this event continues to be a track success. You may download the application/entry form and the meet procedures and mail or fax the entry to:

Tim Cammarota  
West Deptford A.D.  
West Deptford H.S.  
1600 Old Crown Point Road  
Westville, NJ 08093  
Fax: (856) 848-1917

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 Bill Moore at [wmoore@wdeptford.k12.nj.us](mailto:wmoore@wdeptford.k12.nj.us) or (848-6110 x 2036).

Thank you. See you on the 12<sup>th</sup>!

## WEST DEPTFORD RELAYS

TO: Girls Track Coach and Athletic Director  
SUBJECT: 15<sup>th</sup> Annual West Deptford Relays (Women Only)  
Saturday April 12, 2008  
Starting Time: 9:00 AM - Field Events and Track Events

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 per team)

### ORDER OF FIELD EVENTS – BEGINNING AT 9:00 AM

DISCUS: Group III, IV, I, II  
JAVELIN: Group IV, I, II, III  
SHOT PUT: Group I, II, III, IV  
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  
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) Tennis courts only – NO SPIKES

POLE VAULT: 1) Starting height 6'0"  
(3 Person Event) 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 1<sup>st</sup> through 6<sup>th</sup>  
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

# WEST DEPTFORD RELAYS

## ENTRY FORM

**Entries: Due on or before Monday March 31, 2008**

**Entry Fee: \$250 – Checks payable to: West Deptford High School**

School \_\_\_\_\_ NJSIAA Group \_\_\_\_\_

West Deptford Relays (Girls Only)

Saturday, April 12, 2008

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 \_\_\_\_\_

**ATHLETIC DIRECTOR'S SIGNATURE** \_\_\_\_\_

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

Shot Put      Discus      Javelin      Long Jump      High Jump      Pole Vault

### 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:

ATHLETIC DIRECTOR – WEST DEPTFORD HIGH SCHOOL  
1600 OLD CROWN POINT ROAD  
WESTVILLE, NJ 08093

**MAKE CHECKS PAYABLE TO: WEST DEPTFORD HIGH SCHOOL**