WILLINGBORO RELAY CHAMPIONSHIPS 2017

Dear Coaches:

 Attached is the 2017 entry for the Willingboro Relay Championships. In an

effort to ensure a more competitive and time efficient meet, we have

made several changes to the meet schedule. **ENTRY DEADLINE MAY 15th.**

**TWO STEP ONLINE ENTRY PROCESS:**

**YOU MUST COMPLETE ENTRY ONLINE AND MAIL /FAX PAYMENT PAGE WITH PO/CHECK BY MAY 16th.**

1. The meet will start at 4:00. (track events and field events)

2. Stadium will open at 2:30pm

3. Drop off and team entry will be at the rear of the school

4. 4x400 is the only JV event

5. The meet will run straight through once it starts

6. Commemorative Tee Shirts to **ALL First Place Finishers** (limited to one per athlete)

7. Please complete a separate entry form for boys team and girls team.

8. Online Entry Process

We hope you join us!

Willingboro High School Track Staff

  **WILLINGBORO RELAY CHAMPIONSHIPS**

Date: Monday, May 22, 2017

Site: Carl Lewis Stadium

Willingboro, High School

Willingboro, New Jersey

 Only 1/4 spikes will be permitted

Time: 4:00 pm for field events

 4:00 pm for running events

PLEASE DO NOT ARRIVE BEFORE 2:30 PM. YOU WILL NOT BE ALLOWED ONTO

THE PREMISES. BUSES WILL NOT BE ALLOWED TO PARK UNTIL 2:30 PM

 DROP OFF AND TEAM ENTRY WILL BE AT THE REAR OF THE SCHOOL . Parking in back lot.

THE MEET WILL BE RUN IN ACCORDANCE WITH NJSIAA RULES

Entries: Unlimited individual entries field events (SEE GUIDELINES) One Varsity entry per team per relay . Athletes are limited to 4 events, including open events. Athletes that entered in any the Varsity RUNNING event CANNOT run in JV varsity 4X4.

NO LOCKERS ROOMS AVAILABLE, restrooms and Porta-Potties only

Entry Fee:

 Entry $36 per Relay Entry

 $16 per Individual Entry

Entry DEADLINE: May 15, 2017

Make Checks payable to: Willingboro HS Track (WRC)

Call or Email questions to Tosca Bynoe at 856 562 5471

davidbaynoe@gmail.com

Fax # 609-835-3965 attention Tosca Bynoe

**AWARDS**: Medals will be awarded for places **1st-6th for all** events

TEAMS MUST PROVIDE THEIR OWN BATONS. ALL RUNNING EVENTS WILL BE RUN AS A FINAL BASED ON TIME.

 ORDER OF EVENTS

BOYS FOLLOWED BY GIRLS

3x 400h

4x1600 (Boys and Girls may run together depending on number of entries)

4X100

Sprint MED (200,200,400,800)

Shuttle Hurdles (110/100)

DMR (1200, 400, 800, 1600) (Boys and Girls may run together depending on number of entries)

4X200

4X800

4x400 JV

4x400

Field Events: Areas will open at 2:45 pm; Competition will begin at 4:00 pm

Long Jump (open pit boys and girls)

Triple Jump (open pit boys and girls)

Shot Put

Pole Vault (7’0 and 9’0)

Disc

Javelin

HJ (4’2 and 5’6)

 WILLINGBORO RELAY CHAMPIONSHIPS 2017 ENTRY FORM

 **FAX OR MAIL ALL PAGES OF THIS FORM WITH PAYMENT**

SCHOOL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BOYS\_\_\_\_\_\_ GIRLS\_\_\_\_\_\_\_

COACH: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_PHONE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please indicate the number of entries in each FIELD event. Please submit a separate form for girls and boys. One payment voucher, purchase order or check totaling the fee for both the BOYS AND GIRLS TEAMS FROM THE SAME SCHOOL is acceptable, if both forms are submitted together.

 **RUNNING EVENTS: ENTRY OF ONE TEAM PER EVENT IS PRESUMED WITH FULL TEAM ENTRY. SEED TIMES WILL BE GATHERED FROM MILESPLIT. ONLINE ENTRIES WILL CONTROL, YOU MUST CONFIRM ONE TEAM PER EVENT IN THE ONLINE PROCESS. NO ENTRIES WILL BE PERMITTED THE DAY OF THE MEET. IF YOU SELECT TEAM ENTRY, ENTER ALL EVENTS. YOU CAN SCRATCH THE DAY OF THE MEET IF YOU NEED TO. YOU WILL NOT BE ABLE TO ADD EVENTS THE DAY OF THE MEET. Check each Relay below:**

\_\_\_\_\_4X100 \_\_\_\_\_4X200 \_\_\_\_\_4X400 (featured)

\_\_\_\_\_4X800 \_\_\_\_\_4x1600 \_\_\_\_\_SPRINT MEDLEY (200,200,400, 800)

\_\_\_\_\_DISTANCE MD (1200, 400, 800, 1600) \_\_\_\_\_4X100/110 HURDLES (featured)

\_\_\_\_\_ 3X 400H \_\_\_\_\_4X400 JV

FIELD EVENTS are Individual Events (Enter number of Competitors

\_\_\_\_\_SHOT PUT (featured) \_\_\_\_\_DISC \_\_\_\_\_JAVELIN \_\_\_\_\_LONG JUMP

\_\_\_\_\_HIGH JUMP (featured) \_\_\_\_\_TRIPLE JUMP \_\_\_\_POLE VAULT

ENTRY: # OF RELAYS\_\_\_\_\_\_\_\_\_\_\_\_ @ $36=\_\_\_\_\_\_\_

 #FIELD EVENTS : \_\_\_\_\_\_\_\_\_\_@ $16= \_\_\_\_\_\_\_\_\_

Relays $ \_\_\_\_\_\_\_\_\_\_ + Individual $ \_\_\_\_\_\_\_\_\_\_\_ = TOTAL $\_\_\_\_\_\_\_\_\_\_\_\_

HEAD COACHES SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\PRINT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AD SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \PRINT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Payment MUST accompany all entries, faxed (609 835 3954 attention Shawnet Bright) FAXED entries will be accepted if accompanied by school purchase order or school voucher. If you have questions about the meet or entry process please call Tosca Bynoe@ 856 562-5471

No faxed entries or entries will be accepted after May 15th,2017 ONLINE ENTRY WILL CLOSE MAY 15TH 11:59PM

Send Entries to:

Willingboro High School Guidance Dept

 c/o Shawnet Bright

 Willingboro High School

 20 S. JFK Way

CHECKS PAYABLE TO: WHS Spring Track Activities Account

Spectator Admission:

Gate Fee: $3 for adults, $2.00 for senior citizens and $2.00 all students w/ID and

children under 12.

Concessions Available