

WILLINGBORO RELAY CHAMPIONSHIPS 2022

Dear Coaches:

Attached is the 2022 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 16th**

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 p.m. on the track and 3:45 p.m. in the field events
2. Stadium will open at 2:30 p.m.
3. Drop off and team entry will be at the rear of the school
4. **There will be two JV events 4x200 and 4x400**
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 the boys team and girls team.
8. Please adhere to the Online Entry Process

We hope you join us!

Willingboro High School Track Staff

WILLINGBORO RELAY CHAMPIONSHIPS

Date: Monday, May 23, 2022

Site: Carl Lewis Stadium
Willingboro High School
Willingboro, New Jersey

Only 1/4 spikes will be permitted

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

THE MEET WILL BE RUN IN ACCORDANCE WITH NJSIAA RULES

Entries: Unlimited number individual entries for field events is permitted. (SEE GUIDELINES) One varsity relay entry per team per relay event. Athletes are limited to 4 events, including open events. **Athletes that are entered in any Varsity event CANNOT run in JV events (4X2 and 4X4).**
You can enter a JV A and JV B team

NO LOCKER ROOMS AVAILABLE, restrooms and Porta-Potties only

Entry Fee:
Entry \$38 per Relay Entry
\$18 per Individual Entry

Entry DEADLINE: May 16th, 2022

Call or Email questions to Tosca Bynoe at (856)562-5471
davidbaynoe@gmail.com

AWARDS: Tee Shirts will be awarded for **1st place, medals will be awarded for 2nd and 3rd place in 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 on the Track

3x 400h

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

4X100

Sprint MED (400,200.200,800)

Shuttle Hurdles (100/110) girls followed by boys

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

4X200 JV (A and B team permitted)

4X200

4X800

4x400 JV (A and B team permitted)

4x400

Field Events: Areas will open at 2:45 p.m.; Competition will begin at 3:45 p.m.

All Throwing Events, the Long Jump and the Triple Jump will be 4 jumps or throws

NO FINAL

Long Jump (open pit boys and girls)

Triple Jump (open pit boys and girls)

Shot Put (girls then boys)

Pole Vault (7'0 girls opening and 9'0 opening..**boys and girls together**)

Disc (boys then girls)

Javelin (girls then boys)

HJ (4'4 girls opening and 5'6 boys opening)

WILLINGBORO RELAY CHAMPIONSHIPS 2022
ENTRY FORM

Scan and Email 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 entry forms are submitted together.

RUNNING EVENTS: ENTRY OF ONE TEAM PER RELAY EVENT. SEED TIMES WILL BE GATHERED FROM MILEPLIT. NO ENTRIES WILL BE PERMITTED THE DAY OF THE MEET.

_____ 4X100 _____ 4X200 _____ 4X400

_____ 4X800 _____ 4x1600 _____ SPRINT MEDLEY (400,200,200, 800)

_____ DISTANCE MD (1200, 400, 800, 1600) _____ 4X100/110 HURDLES

_____ 3X 400H _____ 4x200JV _____ 4X400 JV

FIELD EVENTS are Individual Events (Enter number of Competitors)

_____ SHOT PUT _____ DISC _____ JAVELIN _____ LONG JUMP

_____ HIGH JUMP _____ TRIPLE JUMP _____ POLE VAULT

ENTRY: # OF RELAYS _____ @ \$38= _____

#FIELD EVENTS : _____ @ \$18= _____

Relays total \$ _____ + Individual total \$ _____ = Grand TOTAL \$ _____

School Name: _____

HEAD COACHES SIGNATURE: _____ \PRINT: _____ \PHONE _____

REQUIRED

AD SIGNATURE: _____ \ PRINT: _____ \PHONE _____

Payment MUST accompany all entries, **MUST BE SCANNED AND EMAILED TO SHAWNETH BRIGHT AT SBRIGHT@WBOE.NET**. Entries will be accepted if accompanied by school purchase order, school voucher or check. If you have questions about the meet or entry process please call Tosca Bynoe@ 856 562-5471 OR EMAIL @ Davidbaynoe@gmail.com

We cannot accept scanned/ emailed entries after May 16, 2022. ONLINE ENTRY WILL CLOSE MAY 16th 11:59PM.

YOUR ENTRY WILL NOT BE PROCESSED UNLESS THE PAPERWORK INCLUDING PAYMENT AND THE ONLINE ENTRY IS RECEIVED BY THE CLOSING DATE.

Send Payment (Purchase order, voucher or check) and a paper copy of your entry to:

Willingboro High School Guidance Dept
c/o Shownet Bright
Willingboro High School
20 S. JFK Way
Willingboro, NJ 08046

CHECKS PAYABLE TO: **WHS Spring Track Activities Account**

Spectator Admission:

Gate Fee:
\$5 for adults,
\$2.00 for senior citizens and
\$2.00 all students w/ID and
children under 12.

Concessions Available