

MILLBURN TOWNSHIP PUBLIC SCHOOLS

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

Director of Athletics

February 28, 2018

TO: Athletic Directors and Track Coaches
FROM: Frank Bifulco, Athletic Director
SUBJECT: PAUL H. BECK MEMORIAL RELAYS, April 28, 2018

On behalf of the Millburn Track Staff I would like to invite you to the 32nd 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.

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 25th by 5:00pm!

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

All registrations must be received by **April 20th**, with a check or PO made payable to "**Millburn Township Public Schools.**"

The cost will be **\$25.00** per event with a **\$125.00** 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 **\$350.00** 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 **\$650.00**.

Please note that **one** additional team (B Team non-scoring) may be entered in each event.

Please do not take advantage of this rule and 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 28th.

Sincerely,

Frank Bifulco
Athletic Director

Jeff Kaye
Head Boys Track Coach

Amanda Dilworth
Head Girls Track Coach

FB:jd
Enc.

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973-564-7166

DIRECTOR OF ATHLETICS

February 28, 2017

PAUL H. BECK MEMORIAL RELAYS

DATE: Saturday, April 28, 2018
TIME: 9:00 am - RAIN OR SHINE
PLACE: Millburn High School

**Please mail the registration form (last page) by 4/20/18 with payment.
Milesplit Registration MUST be complete by 4/25/18 by 5pm!**

General Information for 2018

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 **not** be permitted throughout the meet. Please provide your own batons, shot put, discus, javelin, and poles.
8. Refreshments will be sold throughout the meet.
9. Medals will be awarded to top 6 relay teams in all events.
10. Fully automatic timing for all results.
11. **The 3x400m IH runners will run individually to insure more competitive races. Their times will be added to score as a relay.**
12. **Only one "B" team will be permitted in each event. "B" teams will compete in separate non-scoring heats/flights.**
13. **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.**

SPECIAL 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.
 - E. Boys Pole Vault will begin at 9' 0" and will be raised in 1' intervals to 11', then 6" intervals thereafter.
 - F. In all field events, **both competitors** must clear a height or mark in order to score as a team.

2. **Limits of Jumps and Throws**

- A. Shot Put - 3 throws NO FINALS
- B. Discus - 3 throws NO FINALS
- 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 - Frosh/Soph. Girls (400-200-200-800)
	10. Sprint Medley	-Final - Frosh/Soph. 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 - Frosh/Soph. Girls
	20. 4 x 400m	-Final - Frosh/Soph. 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

Frosh/Soph Boys

V-Girls

V-Boys

DISCUS – 9:00 am Start

Frosh/Soph 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.

REGISTRATION FORM

**PAUL H. BECK MEMORIAL RELAYS
APRIL 28, 2018**

Please mail this Registration Form with payment or PO by April 20, 2018

*****Register on Milesplit by 5:00pm Wednesday, April 25, 2018*****

SCHOOL NAME _____ **SCHOOL PHONE** _____

HEAD COACH _____ **HOME/CELL PHONE** _____

ATHLETIC DIRECTOR _____

Events Entered: _____ x \$25.00 = \$ _____ Minimum \$125.00

Blanket Entry: Boys \$350. Girls \$350. Overall Entry: Boys & Girls: \$650.

Signature: _____
Athletic Director

Mail entries and check to :
Frank Bifulco, AD
Millburn High School
462 Millburn Ave.
Millburn, NJ 07041

If you have any questions, please call Frank Bifulco at 973-564-7166, or email frank.bifulco@millburn.org.

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

This form can be faxed to 973-376-0151 or emailed to jeffrey.kaye@millburn.org