

Woodward Relays
at Georgetown Prep

45th Annual
Judge Charles W. Woodward Relays
Saturday April 8th, 2017

Dear Coach,

The 45th annual Judge Charles W. Woodward Relays will be held on Saturday, April 8, 2017 at Georgetown Prep in N. Bethesda, Md. Our goal in planning this meet is to allow maximum participation for your team members. The slower heat of the Boys' 6400 M relay is the first race and will start promptly at 8:30 a.m. Field events also start at 8:30 a.m. The pole vault will only be contested if we have at least 4 full teams. The entry fee for either the boys' or the girls' team alone is \$175.00 and the fee for both teams from one school is \$250.00 payable to Woodward Relays.

**Please make checks
payable to Woodward Relays and mail to:**

Greg Dunston
5911 Crawford Dr.
Rockville, Md. 20851.

**Registration must be
done on-line.**

To register for the relays,
please visit:

<http://www.athletic.net/>

Entries are due by 6:00 PM Sun. April 2, 2017

Sincerely,

Greg Dunston

If you have any questions, feel free to contact me at:

301-770-3519 or gregdunston@yahoo.com

Meet info at:

www.woodwardrelays.com

Order of Events

Events Will be Run in the Following Order
Beginning PROMPTLY at 8:30 a.m.

- Exhibition 1600m Race walk 8:15 AM

1. *6400 m relay (boys' slower section)
2. 3200 m relay (girls')
3. 800 m relay (girls')
4. 3200 m relay (boys')
5. 800 m relay (boys')
6. Shuttle Hurdles (girls'): 4x100 meters - 10 hurdles
7. Shuttle High Hurdles (boys'): 4x110 meters - 10 hurdles
8. Distance Medley (girls'): 1200m, 400m, 800m, 1600m
9. Distance Medley (boys')
10. 400 m relay (girls')
11. 400 m relay (boys')
12. Sprint Medley (girls'): 400, 200, 200, 800
13. Sprint Medley (boys')
14. 6400 m relay (girls')
15. 6400 m relay (boys')
16. ***300 meter intermediate hurdle relay (4 girls)
17. ***300 meter intermediate hurdle relay (4 boys)
18. 1600 m relay (girls')
19. 1600 m relay (boys')
20. **Steeplechase (girls'): Open to any competitor who has not exceeded the maximum participation. Limit 1 participants per school.
21. **Steeplechase (boys')

*In order to speed up the meet, the slower heat of the 6400 m relay will begin promptly at 8:30 a.m.

**Event does not count in the overall scoring of the meet.

***The intermediate hurdle relays will be run with all first runners against each other and so on with the winner determined by the combined time.

Field Event Relays will begin at 8:30 a.m. and run as follows:

Boys field event relay consists of 3 competitors and girls consists of 2. Only full teams may enter.

Girls' Shot & Discus (2 girls) & Boys' (3) Shot – simultaneously, Boy's Discus after.

Girls' (2) High Jump followed by Boys' (3) High Jump (spikes may be worn)

Girls' (2) Long Jump & Boys' (3) Triple Jump - simultaneously

Girls' (2) Triple Jump & Boys' (3) Long Jump - simultaneously

The Pole Vault will *only be contested if there are four complete teams. (2 Girls) (3 Boys)*

In all field events, intermediate hurdles, and the steeplechase, only enter names. Not times, heights or distances are needed.