

*16th RUNNING OF THE*

***TECHNIQUE***

***TECHNIQUE***

***RELAYS***

**Date: Saturday, May 6, 2023**

**Location: Kecoughtan High School,  
522 Woodland Rd.  
Hampton VA 23669**

the 16<sup>th</sup> Running of the Technique Relays. Coming to you with a new format, no extra relay fees, and a meet full of fun! Technique Relays is guaranteed to give your athletes a great workout in a competitive and productive atmosphere.

LICENCED BY: AAU SPORTS

- This event is licensed by the Amateur Athletic Union of the U. S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connect. Participants are encouraged to visit the AAU web site [www.ausports.org](http://www.ausports.org) to obtain their membership.

**DATE:** Saturday, May 6, 2023  
**HOST:** Technique Track Club  
**Contact Numbers:** 757-593-6985 or 757-344-2777  
**Meet Director:** *William Moore*  
**Meet Referee:** *Deon Moore, (Running Events & Field Events)*  
**Meet Secretaries:** *Maya and Charlene Moore*

**ENTRY INFO:** \$20 per/athlete, Entries for competition and payment will only be accepted through online registration at [www.coacho.com](http://www.coacho.com).

**Entries must be received by Wednesday, May 3, 2023- 11:59pm.**  
**phoned entries and/or changes will not be accepted.**

*No registration for competition on the day of the event; No changes on the day of the event.*

**SPECTATORS FREE!**

**NO SEATING/BLEACHERS AVAILABLE, PLEASE BRING YOUR TENTS AND LAWN CHAIRS**

**Concessions:** Available on site.

**Garbage Disposal:** We request that all garbage be disposed of in the containers provided before you exit the stadium. *Thanks in advance for your cooperation!*

**RULES:** In accordance with USA Track & Field

**AWARDS:** *Top three finishers in each event including relays will receive medals.*

*Awards will be ready for pick up at the conclusion of the meet. Any awards not collected at meet end will be forfeited.*

**ELIGIBILITY:** A competitor in ages 5 - 12 may enter a maximum of three (3) events. All other competitors may enter a maximum of four (4) events, including relays.

**FACILITIES:** 400-meter all-weather track with 6 lanes 42"; all weather runways and concrete circles; FAT timing. No radios, glass containers or open grills allowed in the Stadium. Tents and/or umbrellas will be allowed. Restrooms are available at facility. Parking lots are located at and near the Stadium.

**MEET RULES & REGULATIONS:** No bare feet or stocking feet; No bare midriff; shirts required; max ¼" spikes Call to Check In will be made as follows: 1<sup>st</sup> Call, FINAL CALL.

**ONLY.** Relays for 10 and under may be co-ed (optional).

**Field Events:** 3 attempts only Mini Javelin and Long Jump. Athletes must check in with head event official prior to leaving to compete in another event.

**EQUIPMENT:** Athletes must provide their own starting blocks. Throwers must use their own implements, and have them checked and certified on the field one-hour prior to competition.

## 2023 TECHNIQUE RELAYS MEET SCHEDULE

7:30am	-	Team Check-in
8:30am	-	Field Events Begin
8:45am	-	Coaches Meeting
9:00am	-	Running Events Begins

**We will use a rolling schedule. ALL RUNNING EVENTS ARE FINALS.**

### Order of Events (Subject to Change)

#### Start Time, 9am

##### Running Events – check in at tent

- 1500m Run (F) Ages 7/8, 9/10, 11/12, 13/14
- 1000m Mixed Swedish Relay, Ages (7/8, 9/10, 11/12, 13/14)  
Event Order 100m,200m,300m,400m
- 100 Dash (F) All Ages
- 50m Dash (F) Age 5/6
- 400m Dash (F) (Showcase) 2 athletes per Team, per age group
- 400m Mixed Relay, Ages 5/6, 7/8
- 400m Relay, Ages 9/10, 11/12, 13/14
- 400m Relay (Parent/Coach)
- 1600rw Mixed Relay (2x800) Combined age groups.
- 800m Relay, Ages 7/8, 9/10, 11/12, 13/14

#### Start Time, 8:30am

##### Field Events – check in at event site

- Long Jump Relay:**  
2 mixed athletes per team, per age groups.  
Oldest to Youngest Pit 1
- Turbo Javelin Relay:**  
2 mixed athletes per team, per age groups.  
Youngest to Oldest
- Softball Throw:** 6 & under.

#### Age Divisions

5/6	7/8	9/10	11/12	13/14	15 -18	OPEN
100 meter	100m	100m	100m	100m	100m	Coaches
50 meter	400m (Showcase)	400m (Showcase)	400m (Showcase)	400m (Showcase)	400m (Showcase)	Parents
400m Mixed Relay	400m Mixed Relay	400m Relay	400m Relay	400m Relay		Relay
Softball Throw	800m Relay	800m Relay	800m Relay	800m Relay		
	1000m mixed Swedish Relay	1000m mixed Swedish Relay	1000m mixed Swedish Relay	1000m mixed Swedish Relay		
		1600rw Relay 800m each leg	1600rw Relay 800m each leg	1600rw Relay 800m each leg	1600rw Relay 800m each leg	
	LJ Mixed Relay 2 per team	LJ Mixed Relay 2 per team	LJ Mixed Relay 2 per team	LJ Mixed Relay 2 per team	Long Jump	
	TJ Mixed Relay 2 per team	TJ Mixed Relay 2 per team	TJ Mixed Relay 2 per team	TJ Mixed Relay 2 per team		
	1500m Run	1500m Run	1500m Run	1500m Run	1500m Run	

- **1000m Mixed Swedish Relay Age 7/8, 9/10, 11/12, and 13/14 run as follows: 100, 200, 300, 400.**

**ONLY MEET OFFICIALS AND ATHLETES ACTUALLY COMPETING WILL BE ALLOWED IN THE COMPETITION AREAS AND IN-FIELD AREAS. PLEASE CLEAN UP AROUND YOUR AREA. THANKS!**