

*16th RUNNING*  
*OF THE*  
***TECHNIQUE***  
***TECHNIQUE***  
***RELAYS***

***Date: Sunday, May 22, 2022***

***Location:***

***Highland Springs High School,  
200 S. Airport Dr.  
Highland Springs VA 23075***

After a two-year delay due to the global Covid pandemic, we are pleased to present to you 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.aausports.org](http://www.aausports.org) to obtain their membership.

**DATE:** Sunday, May 22, 2022  
**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 (*maximum team fee \$750*). 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 **Thursday, May 20, 2022- 11:59pm**. Mailed, faxed, emailed, 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 FEE:** \$5.00 (all coaches, parents, children over 4years old).

**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 8 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 on the top row of the stadium only. 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 in Shot Put, Discus 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.

## 2022 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

3000rw (F)  
 100 Dash (Semi)  
 1500m Run (F)  
 50m Dash (F)  
 100m Dash (F)  
**Mixed Swedish Relay (F)**  
 1500rw (F)  
 4x200 Relay (F)  
 4x100 Relay (Parent/Coach)  
 Sprint Medley Relay  
 4x100 Relay (Final)  
 800 Meter (final)

#### Start Time 8:30am

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

**Shot-Put:**  
 All Boys will throw first, follow by Girls  
 Oldest to Youngest  
**Discus:**  
 All Girls will throw first, follow by Boys Oldest  
 to Youngest  
**Long Jump:**  
 Boys, Oldest to Youngest Pit 1  
 Girls, Oldest to Youngest Pit 2  
**High Jump**  
 Girls followed by Boys  
 Youngest to Oldest  
**Mini Javelin**  
 Youngest to Oldest, Girls followed by Boys

#### Age Divisions

<i>5/6</i>	<i>7/8</i>	<i>9/10</i>	<i>11/12</i>	<i>13/14</i>	<i>15 -18</i>	<b>OPEN</b>
50 meter	100m	100m	100m	100m	100m	Coaches
100 meter	Swedish Relay	Swedish Relay	Swedish Relay	Swedish Relay	800	Parents
Softball Throw	4x100 relay	4x100 relay	4x100 relay	4x100 relay	1500	4x100 relay
	4x200 relay	4x200 relay	4x200 relay	4x200 relay	Shot Put	
	Sprint/Medley	Sprint/Medley	Sprint/Medley	Sprint/Medley	Discus	
	Long Jump	Long Jump	1500 meter	800 meter	Long Jump	
	Shot-Put	Shot-Put	Long Jump	1500 meter	High Jump	
	800 meter	1500 meter	Shot-Put	Long Jump	3000rw	
	Javelin	800 meter	Discus	Shot-Put		
		Javelin	800 meter	Discus		
		High Jump	Javelin	High Jump		
		1500RW	High Jump	3000rw		
			1500RW			

- **Sprint Medley Age 7 - 8 and 9 - 10 run as follows: 800 meter relay – 100, 100, 200,400**
- **Sprint Medley Age 11 - 12 and 13 - 14 run as follows: 1600 meter relay – 200, 200, 400, 800**
- **Mixed Swedish Relay all ages run as follows: 1000 meter relay – 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!**