

18th RUNNING
OF THE
TECHNIQUE
TECHNIQUE
RELAYS

Date: Sunday, May 5, 2024

Location:

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

The 18th Running of the Technique Relays. ***No Spectator Fees.*** 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 to obtain their membership.**

DATE: Sunday, May 5, 2024
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.

Entries must be received by Friday, May 3, 2024- 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 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 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: 1st 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.

2024 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

100 Dash (F)
 1500m Run (F)
 50m Dash (F)
 400m (F)
 4x100 Relay (Final)
 1500rw (F)
 4x200 Relay (F)
 4x100 Relay (Parent/Coach)
 Sprint Medley Relay
 800m (F)

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

| 5/6 | 7/8 | 9/10 | 11/12 | 13/14 | 15 -18 | OPEN |
|----------------|---------------|---------------|---------------|---------------|-----------|-------------|
| 50 meter | 100m | 100m | 100m | 100m | 100m | Coaches |
| 100 meter | 400m | 400m | 400m | 400m | 400m | Parents |
| Softball Throw | 4x100 relay | 4x100 relay | 4x100 relay | 4x100 relay | 800 | 4x100 relay |
| | 4x200 relay | 4x200 relay | 4x200 relay | 4x200 relay | 1500 | |
| | Sprint/Medley | Sprint/Medley | Sprint/Medley | Sprint/Medley | Shot Put | |
| | Long Jump | Long Jump | 1500 meter | 800 meter | Discus | |
| | Shot-Put | Shot-Put | Long Jump | 1500 meter | Long Jump | |
| | 800 meter | 1500 meter | Shot-Put | Long Jump | High Jump | |
| | Javelin | 800 meter | Discus | Shot-Put | | |
| | | Javelin | 800 meter | Discus | | |
| | | High Jump | Javelin | High Jump | | |
| | | 1500RW | High Jump | | | |
| | | | 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**

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!