

14th ANNUAL TECHNIQUE RELAYS

Date: Saturday, May 19, 2018

*Location: Norview High School,
6501 Chesapeake Blvd
Norfolk VA 23513*

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.

2018 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

4x800 Relay (Final)
100 Dash (Semi)
1500m Run (Final)
50m Dash (Final)
100m Dash (Final)
F. McCorory 400m Showcase (Final)
1500 Race Walk (Final)
4x200 Relay (Final)
4x100 Relay (Parent/Coach)
Sprint Medley Relay
4x100 Relay (Final)
800 Meter (final)
4x400 Relay (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