

19th RUNNING OF THE

TECHNIQUE RELAYS

Date: Saturday, May 18, 2025

***Location: York High School,
9300 George Washington Memorial Hwy.
Yorktown, VA 23692***

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 to obtain their membership.

DATE: Saturday, May 18, 2025
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 Management: 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 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: \$10.00 (all coaches, parents, children over 4 years 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 the 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 1/4" 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 the 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.

2025 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)
 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

5/6	7/8	9/10	11/12	13/14	15 -18	OPEN
50m	100m	100m	100m	100m	100m	Coaches
100m	4x100 relay	4x100 relay	4x100 relay	4x100 relay	1500m	4x100 relay
200m	4x200 relay	4x200 relay	4x200 relay	4x200 relay	Shot Put	
Softball Throw	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	800m	
		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

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!