

TECHNIQUE RELAYS

MAY 21 2011

HOST ORGANIZATION:



ADDRESS



ARMSTRONG FIELD
Hampton University
HAMPTON, VIRGINIA 23668



VISIT WWW.TECHNIQUETRACK.COM FOR ADDITIONAL INFORMATION
SANCTIONED BY: **AAU SPORTS**

- This event is sanctioned 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.

ENTRY INFO: \$8 per/athlete. \$16 per relay (Team Max \$500) Entries for competition and payment will only be accepted through online registration at www.coacho.com.

Entries must be received by Tuesday, May 18, 2011 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: Support the youth in your community. Concessions will be sold. We request that all garbage be disposed of in the containers provided before you exit the stadium. *Thanks for your cooperation!*

DATE: Saturday, May 21, 2011

HOST: Technique Track Club

CONTACT NUMBERS: 757-593-6985 or 757-344-2777

Meet Director: William Moore

Meet Referees: Robert Hill - *Running Events & Field Events*

RULES: In accordance with USA Track & Field

"FRANGENA McCORORY 400 METER SHOWCASE"

THIS IS A SHOWCASE EVENT FOR ELITE 400 METER RUNNERS.

A SPECIAL AWARD WILL BE GIVEN TO THE WINNING MALE AND FEMALE IN EACH AGE GROUP.

AWARDS: *Top three (3) finishers including relays, will receive medals. **Top three (3) teams** will receive a team trophy (combined boys and girls team scoring. Scoring for top six places: 10 – 8 – 6 – 4 – 2 – 1. Awards will be ready for pick up at the conclusion of the meet.*

ELIGIBILITY: A competitor in **Primary, Sub-Bantam, Bantam and Midget** may enter a maximum of three (3) events. All other competitors may enter a maximum of four (4) events, including relays. **Limit 4 athletes per age group in open events.**

FACILITIES: 400 meter all weather track with 8 lanes 42"; all weather runways and concrete circles; FAT timing. No tape decks, 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; shirts required; max ¼" spikes; Athletes on all relay teams must be dressed in the same uniform; Maximum of two relays per age group.

Call to Check In will be made as follows: 1st Call, FINAL CALL. **ONLY** Sub-Bantam/Bantam may have Co-ed Relays (optional). Relays: Only the designated "A" team will be able to earn points and be counted toward team awards/scoring. Field Events: 3 attempts only in Shot Put, Discus and Long Jump. Athletes must check in with Judge 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. Softballs will be provided.

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)
 50m Dash (Final)
 1500 Run (Final)
 100m Dash (Final)

F. McCorory 400m Showcase (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

BOYS, Oldest to Youngest

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 Pit2

Softball Throw

High Jump

Youngest to oldest

Girls then boys

Girls then boys

Girls then boys

<i>Primary 5/6</i>	<i>Sub-bantam 7/8</i>	<i>Bantam 9/10</i>	<i>Midget 11/12</i>	<i>Youth 13/14</i>	<i>Open 15 -18</i>
50 meter	100M	100 meter	100 meter	100 meter	100 meter
100 meter	4x100 relay	4x100 relay	4x100 relay	4x100 relay	800
S/B Throw	4x200 relay	4x200 relay	4x200 relay	4x200 relay	1500
	4x400 relay	4x400 relay	4x400 relay	4x400 relay	Fran Mc 400
	Sprint/Medley	Sprint/Medley	4x800 relay	4x800 relay	Shot Put
	Long Jump	Long Jump	Sprint/Medley	Sprint/Medley	Discus
	Shot-Put	Shot-Put	1500 meter	1500 meter	Long Jump
	800 meter	1500 meter	Long Jump	Long Jump	High Jump
	Fran Mc 400	800 meter	Shot-Put	Shot-Put	
		Fran Mc 400	Discus	Discus	
		High Jump	800 meter	800 meter	
			Fran Mc 400	Fran Mc 400	
			High Jump	High Jump	

Sprint Medleys will be run as follows:

- Sub-Bantam and Bantam (**800meter relay – 200, 100, 100,400**)
- Midget, and Youth (**1600 meter relay – 400, 200, 200, 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!

Directions:

From I64 west, take Hampton University exit 267, make a left at second stop light onto Emancipation Dr. an Armstrong Stadium is ¼ mile on right.

From I64 east, take Hampton University exit 267, make a left a traffic light.

At next traffic light make a left turn on E. Tyler St. then an immediate

Left turn onto Emancipation Dr. an Armstrong Stadium is ¼ mile on right.