

TECHNIQUE
indoor INVIT
14 & Under and Open
February 14, 2009



MEET LOCATION
BOO WILLIAMS SPORTSPLEX
5 Armistead Pointe Parkway
Hampton, VA 23666



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

TECHNIQUE INDOOR INVITATIONAL

ENTRY INFO: \$6 per/event. \$24 per/relay. Entries for competition and payment will only be accepted through online registration at www.coacho.com.

Entries must be received by Tuesday, February 10, 2009 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.

SPECTATOR FEES: \$4 adults, - \$3 students. Concession stands will be open during meet.

DATE: Saturday, February 14, 2009

HOST: Technique Track Club

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

Meet Director: William Moore

Meet Referee: Sheldon Davis

RULES: In accordance with USA/AAU, Track & Field.

ATHLETES ARE REQUIRED TO BE REGISTERED WITH USATF OR AAU IN ORDER TO COMPETE.

AWARDS: Top six finishers in each event will receive awards. The top three, including relays, will receive medals. Fourth through sixth place will receive ribbons. **TOP TWO TEAMS WILL RECEIVE A TEAM TROPHY (COMBINED BOYS AND GIRLS).**

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 Sub-Bantam, Bantam and Midget may enter a maximum of three events including relays. Competitors in Youth and Open may enter a maximum of four events, including relays.

FACILITIES: 200meter indoor track with 6 lanes, two long jump pits, high jump and shot put. F.A.T. timing. **No cd players, radios, glass containers or *OUTSIDE FOOD* allowed in the Sportsplex.**

MEET RULES & REGULATIONS: No bare feet or stocking feet; shirts required; max ¼" spikes for running events; Athletes on all relay teams must be dressed in the same uniform; Call to Check In will be made as follows: 1st Call, FINAL CALL. ONLY

Relays: Only the designated "A" and "B" teams will be able to earn points and be counted toward team score.

Field Events: 3 attempts only in Shot Put, High Jump and Long Jump. Athletes must check in with Judge prior to leaving to compete in another event.

EQUIPMENT: Athletes must provide their own indoor shot put implements and have them checked and certified prior to competition.

Meet Schedule

8:00am - **Team Check-in**
9:00am - **Field Events Begin**
9:30am - **Coaches Meeting**
10:00am - **Running Events Begins**

We will use a rolling schedule.

Order of Events

10:00am Running Events 55m dash (Semi) 55 Hurdles (Final) 55 meter (Final) 800 meter (Final) 200 meter (Final) 1500 meter (Final) 400 meter (Final) 4x200 Relay (Final)	Field Events – check in at event site 9:00am Shot-Put: >Boys youngest to oldest >Girls youngest to oldest High Jump: Girls then Boys >Bantam, Midget, Youth Long Jump: >Boys oldest to youngest >Girls oldest to youngest
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Events/Age Groups are: Sub-Bantam 7 & 8, Bantam 9 & 10, Midget 11 & 12, Youth 13 & 14 and Open

Age groups are determined by the athletes' age as of December 31, 2009

Sub-Bantam	Bantam	Midget	Youth	Open
55 meter	55 meter	55 meter	55 meter	55 meter
200 meter	200 meter	55 Hurdles	55 Hurdles	55 Hurdles
400 meter	400 meter	200 meter	200 meter	200 meter
800 meter	800 meter	400 meter	400 meter	400 meter
Shot-Put	1500 meter	800 meter	800 meter	800 meter
	4x200 relay	1500 meter	1500 meter	1500 meter
	Long Jump	4x200 relay	4x200 relay	Long Jump
	Shot-Put	Long Jump	Long Jump	Shot-Put
	High Jump	Shot-Put	Shot-Put	High Jump
		High Jump	High Jump	

ONLY MEET OFFICIALS AND ATHLETES ACTUALLY COMPETING WILL BE ALLOWED IN THE COMPETITION AREAS AND IN-FIELD AREAS.

We request that all garbage be disposed of in the containers provided before exiting the Sportsplex.
Thanks for your cooperation!

DIRECTONS TO SPORTSPLEX:

From Points North, Richmond/Williamsburg, VA

Take I-64 East to Ext 261B / Hampton Roads Center Pkwy.
Keep straight ahead for about 1 mile to
5 Armistead Pointe Parkway
Hampton, VA 23666

From Points South, Raleigh/Durham, NC

Follow signs for **Richmond/I-95 N**
Keep **left** at the fork to continue toward **I-95 N** and merge onto **I-95 N**, Entering Virginia
Take exit **11A** to merge onto **US-58** toward **S Hill/Norfolk/Emporia**
Merge onto **I-664 N** via the ramp to **Newport News/Hampton**
Take exit **1A** to merge onto **I-64 W** toward **Richmond/Williamsburg**
Take exit **262B** for **VA-134 N/ Magruder Blvd**
Merge onto **Magruder Blvd/VA-134**
Take the ramp onto **Hampton Rd Center Pkwy**, Keep straight ahead to
5 Armistead Pointe Parkway
Hampton, VA 23666