

9th Annual
Technique Relays
May 18, 2013
Suffolk VA



DATE: May 18, 2013

LOCATION: Nansemond River High School
3301 Nansemond Pkwy, Suffolk, VA 23434

HOST: Technique Track Club

ENTRY DEADLINE: Entries must be received by Tuesday, May 14, 2013 - 11:59pm. Mailed, faxed, emailed, phoned entries and/or changes will not be accepted.

FEE: ENTRY INFO: \$8 per/athlete. \$16 per relay (Team Max \$600) Entries for competition and payment will only be accepted through online registration at www.coacho.com.

AGE: 6- 18 (age as of 12/31/13)

TIME: 9am - 4pm

ORDER OF EVENTS

4x800R	400m	4x400R	Shot Put
100m (Semi)	4x200R		Discus
50m	SMR		Long Jump
1500m	4x100R		High Jump
100m (final)	800m		Softball Throw

*Competitors should bring their own implements to be used at Meet.

- 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 connection.
- BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

FOR MORE INFORMATION:

William Moore

757-593-6985

coachwill.moore@gmail.com

TechniqueTrack.com