

Date: Sunday, May 5, 2024
Location:
Kecoughtan High School,
522 Woodland Rd. Hampton
VA 23669

please arrive at 7:30am

2024 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)

Updated meet Schedule as of 5/4/24

Running Start Time: 9am	Field Event Start Time: 8:30am
100m Dash (F)	Shot Put, Oldest to Youngest
400m Dash (F)	All girls will throw first, followed by Boys
50m Dash (F)	Softball Throw, 5-6-year-old
4x100m Relay (F)	Long Jump, Oldest to Youngest
1500m Run (F)	Girls: Pit #1
4x200m Relay (F)	Boys: Pit #2
4x100m Relay (Parent/Coach)	Mini Javelin, Oldest to Youngest
Sprint Medley Relay (SMR)	Girls and Boys will throw at the same time
800m Run (F)	

Age Divisions

<i>5/6</i>	<i>7/8</i>	<i>9/10</i>	<i>11/12</i>	<i>13/14</i>	<i>15 -18</i>	OPEN
50 meter	100m	100m	100m	100m	100m	Coaches
100 meter	400m	400m	400m	400m	400m	Parents
Softball Throw	4x100 relay	4x100 relay	4x100 relay	4x100 relay	800	4x100 relay
	4x200 relay	4x200 relay	4x200 relay	4x200 relay	1500	
	Sprint/Medley	Sprint/Medley	Sprint/Medley	Sprint/Medley	Shot Put	
	Long Jump	Long Jump	1500 meter	800 meter	Discus	
	Shot-Put	Shot-Put	Long Jump	1500 meter	Long Jump	
	800 meter	1500 meter	Shot-Put	Long Jump	High Jump	
	Javelin	800 meter	Discus	Shot-Put		
		Javelin	800 meter	Discus		
		High Jump	Javelin	High Jump		
		1500RW	High Jump			
			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!