**
12th Annual**

**Technique Relays**

***Date: Saturday, May 21, 2016***

***Location: NORVIEW HIGH SCHOOL***

***6501 Chesapeake Blvd***

***Norfolk, VA 23513***

**Report time 7:15 am**

**SPECTATORS *FEE*: $2.00**, 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!*

Call to Check In will be made as follows: 1st Call, FINAL CALL.

 FORECAST: Rain early…then remaining cloudy with showers in the afternoon. Thunder possible.

 High 67F. Winds NE at 10 to 20 mph. Chance of rain 100%.

**AWARDS:** Top six finishers in all events will receive awards. First, second and third place finishers in all events will receive medals. Fourth thru sixth place finishers will receive ribbons. Awards will be distributed in bulk form, by team, and can be picked up after the meet.

**Registered Athletes**

**Girls**
F Age 13-14 Adia Goldsmith:  100m, 400m, 800m
F Age 11-12 Belinda Johnson:  400m, 800m,  1500m

F Age 9-10 Cameron Lynch:  100m, 400m, turbo-javelin

F Age 11-12 Chanel Lynch: 100m, 400m, turbo-javelin

F Age 7-8 Daylin Cook: 100m,  400m,  turbo-javelin

F Age 9-10 Fanaiya Hutcherson: 100m, 400m, turbo-javelin
F Age 7-8 Gianna Connolly: 100m, 400m,  turbo-javelin

F Age 13-14 Katie Jones: 800m, 1500 walk, shot put

F Age 15-18 Kendra Williams: discus throw, shot put

F Age 9-10 Lindsey Canty: 100m, 400m, turbo-javelin
F Age 13-14 Rebekah Simmons:  400m, 800m, 1500m
F Age 11-12 Sabria Suggs: 400m, 800m, 1500m

F Age 13-14 Zoi Betties:  800m, 1500m, 1500m walk

**Boys**
M Age 9-10 Derrick Cook:  800m, 1500m, turbo-javelin

M Age 13-14 Desmond Cook: 400m, 800m, shot put

M Age 9-10 Devin Cook: 100m, 400m, 800m

M Age 11-12 Donavon Burton: 800m, 1500m, turbo-javelin

M Age 13-14 Isaiah Stevens: 100m, 400m, 800m

M Age 13-14 Jacinto Jones: 100m, 400m, 800m

M Age 15-18 Ramon Carter: 100m, 400m, 800m, long jump
M Age 7-8 Sherwin Lynch: 100m, 400m, turbo-javelin
M Age 15-18 Wesley Burton: 400m dash, 800m, 1500m

**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 Start Time 8:30am**

**Running Events – check in at tent Field Events – check in at event site**

4x800 Relay (Final) **Shot-Put:**

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

**F. McCorory 400m Showcase (Final)**

1500 Race Walk (Final) 4x200 Relay (Final)

4x100 Relay (Parent/Coach)

Sprint Medley Relay

4x100 Relay (Final)

800 Meter (Final)

4x400 relay (Final)

All Boys will throw first, followed by Girls Oldest to Youngest

**Discus:**

All Girls will throw first, followed 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

**Things To Bring To Meet**

* Uniform
* Warm Up Suit
* Running Shoes
* Spikes
* Slides
* Lawn Chair and/or Blanket
* 10 x 10 canopy
* Ground cover such as a tarp
* Umbrella (good for rain or sun)
* Rain gear (poncho, dry socks)
* Sunscreen
* Bur repellent
* Small Ice Chest to carry food and drink for the day
* **GOOD SPORTSMANSHIP AND WINNING ATTITUDE!**

 **Meet Preparation**

Make sure that your athlete is prepared, at the meets early and ready for his or her events.

**The Week of the Meet.** All athletes should get in a habit of drinking at least 48 oz of water each day.

**The night before the Meet.** All athletes should receive 8 to 10 hours of sleep two nights prior to a meet (i.e. Thursday and Friday nights if the meet is on Saturday). They should also eat a good dinner that is about 5-7 PM that includes complex carbohydrates, such as pasta and whole grain rice along with a moderate amount of protein lots of fruits and vegetables.

**The Morning of the Meet.** Athletes should eat a nutritious breakfast. This includes fruit, bread, cereal, water and juice. Little or no meat is best.

**The Duration of the Meet.** Parents and athletes should pay close attention to the meet announcer to ensure their athlete check in at the proper time. Parents are responsible for ensuring their athlete is given water at the conclusion of their event.

It is important that your athlete arrive on time to properly warm up for his/her event.

Due to a variety of issues we cannot determine what specific time your athlete will be competing.  In addition, the other team members will appreciate you staying to cheer them on!

The Club will have a designated area for the 2nd to None athletes to stay during the meet. All athletes must sit together in this area. ***ALL ATHLETES WILL HAVE TO CHECK IN AND OUT WITH THE MEET COORDINATOR.***

Coaches will look for athletes in the Meet Area as events approach and may request assistance from the Meet Coordinator in locating athletes. It is not the Meet Coordinator’s job to hunt down athletes.

Parents and Athletes are still responsible for listening for the call of their events and knowing what their events are for a particular meet. Also they are responsible for being prepared and warming up properly.

**Concession Stands.** Concession Stands are off limits during the meet. Athletes may only approach the concession stand after the completion of the athlete’s last event and/or with clearance from a 2nd to None coach.

**HEALTH AND NUTRITION**

**Pre-Competition Sleep**

* Athletes should receive 8 to 10 hours of sleep the night before a meet.

**Pre-Competition Meals - 3 – 4 hours before the event**

* High in complex carbohydrates, such as bread, fruit and vegetables
* Moderate in protein
* Low in fat
* Plenty of Fluids
* Athletes should eat a nutritious breakfast before a meet, including fruit, bread, water and juice. Little or no meat is best.

**Snack Hints - For All Day Meets**

* WATER
* Fresh Fruit – bananas, raisins, grapes, oranges, peaches, watermelon
* Crackers and pretzels
* Small amounts of protein

**Post-Competition**

* Athletes should do their **cool-down runs after** race events.
* Sports drinks, energy bars, and fruit for carbohydrate replacement.
* Dinner should include foods high in protein (chicken, beef, fish, milk, cheese, soy products, etc.) to build muscle.

**Lead Meet Coordinator**

Tina Williams, 540-729-1834

**Coaches**

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| Paulette V. Burton | 540-379-9804 |
| Micheal Lewis | 540-295-3723 |
| Jacinto Jones | 703-945-8684 |
| Tashanna Betties | 571-246-2317 |
| Kenneth Williams | 540-729-1836 |

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