

Everything You Need to Know about Relays for 20/21 Season



COVID-19 has changed the relay program somewhat for this current season. We have summarised the information for you and have provided as well as extract of our code of conduct/regulations pertaining to relays (this can be found on our website).

We note that LAVIC have changed a few aspects for this season only due to COVID-19. Accordingly, the SLAC Relay Subcommittee will work towards catering for these changes in its governance and selection policy for this season only. We have highlighted these below in our extract of the Relay Regulations.

General

- Any U9-U16 registered athlete can participate in relays this season.
- Region Relays Carnivals will only be for U9-U12 athletes to qualify for the State Relays. The Region Relays will be held at Frankston Athletics Track on Sunday 28th February. State Relays (if successful in qualifying will be held for this age group on Saturday 27th March) at Casey Fields.
- The U13-U16 athletes will have a direct entry into the State Relays which will be held at Casey Fields on Sunday 28th March for this age group.

Rule 6.3 of SLAC Code of Conduct states: *It is an LAVic requirement that an athlete can only qualify for the State Relay championship by qualifying in the Regional Relay Championship in the event(s) they competed in and, with the exception of injury, the SLAC relay sub-committee will not change teams from Regions to State Championships.* In this current season 20/21 there are NO Regional Relay Championship for U13's to U16's and teams entered go straight to the State Relay Championships

- All events at the Region and State Relays are Timed Finals only, same as Track & Field, and seeding at State is based on performance at Region (no heat and then final),
- There is an entry fee for each participant as the Club pays a fee for each team entered. The fee of \$25 per entrant for this year.
- Training is scheduled to start at 5-6pm for U9-11, and 6-7 for U12-16 on Wednesday 27th January at the Moorabbin track.

Specific Information

- The number of events an athlete can compete has increased from 3 to 4 for this year only
Rule 6.6 of SLAC Code of Conduct states 'Athletes can compete in up to a maximum of three teams only (LAVic Rule 603)' In this current 20/21 Relay championships athletes can compete in up to a maximum of **four** teams. SLAC Relay Subcommittee will look at several factors regarding this rule. We will look at the age of the child, the load of the program and the proximity of the events.
- As all events are either Finals or Timed Finals, depending on entries,
- Team changes no longer exist on the day.
- Team changes can still occur between Region and State Relays (due to sickness/injury or determined by SLAC Relay Committee).
- The number of teams that qualify for the State Relays in the U9-U12 age groups has increased for the 4x200 and the Medley. The 4x200 is now 24 teams, previously 16, the Mixed Sex 4x200 is now 16 teams previously 8, and the Medley is now 16 teams, previously 8.
- The U13-U16 are direct entry into State Relays, with unlimited Team entries
- The Medley has changed format and distance and is now the Swedish Medley, which is 1000mts, consisting of in order, 100mts, 300mts, 200mts, 400mts. The first 100mts is laned, starting at the 200mt start line. Once the first take-over occurs the 2nd athlete can leave their lane at the exact same breakline as the previous medley on the front straight, then all other legs are unlaned.
- Athletes cannot compete in the same event in 2 different age groups, regardless of the distance of the leg / distance being run.

Multi Class

- Multi-Class Relays will be conducted in the 4x100 and 4x200 as Mixed Teams. The age group types are U9-U10, U11-U12 and U13-U16, and age group promotion will be one age group type only.
- The Region Relays Carnivals will only be for U9-U10 and U11-U12 athletes to qualify for the State Relays. The U13-U16 athletes will have a direct entry into the State Relays.

- Mixed Teams in Multi-Class Relays is any combination of athletes to make up a team of 4, as long as age group promotion rules apply. As the converted time is used to calculate a percentage, no advantage is gained by Mixed Teams competing together.
- A Mixed Team in Multi-Class can be 4 boys, 4 girls, 3 boys & 1 girl, 3 girls & 1 boy, 2 boys & 2 girls.
- The number of Teams that qualifies for the State Relays Championships will be 8 for both events in Multi-Class in the U9-U10 and U11-U12, the U13-U16 are direct entry into State Relays with unlimited entries.
- The State Relays Championships will also be conducted over 2 days, with the U9-U12 being on Saturday 27th March and the U13-U16 being on Sunday 28th March at Casey Fields.

Team Selection Update and Overview

- **6.11 Relay Team Selection Criteria: The times recorded by athletes at SLAC competitions in the current season. Times run and ultimate placing when athletes are competing in the same race will take priority in the relevant distances of 100m, 200m, and 400m**

In this current 20/21 Relay championships there is a new event, not previously held called the “Swedish Medley”. This event consists of a 100m, 300m, 200m and 400m and designed to get more of the 400/800m runners involved in the program and less emphasis on the shorter sprinters.

For the 20/21 season the 300m runner for the medley will be determined by the 400m times, with the fastest 400m runner given the 400m leg and the next fastest 400m runner given the 300m leg as per the spirit of the event. In the absence of these times/athletes the SLAC Subcommittee will decide team composition based on 200m and 800m times.

- **6.11 Relay Team Selection Criteria: All athletes will be ranked on their SLAC competition times recorded at the SLAC Track for 100m, 200m and 400m, up to 2 weeks prior to the Regional Relay Championships, as the main basis to help select teams**

In this current 20/21 Relay championships January 30th 2021 has been determined by the SLAC committee as the cut-off date for competition times to count for relays for all U9-U12 athletes.

Due to there being NO Region Carnivals for U13’s and above, AND teams running only in the State finals on Sunday 28th March, **11.59pm Sunday 14th February 2021 is the NEW cut off date for the U13-U16** athletes to record times for relays.

Snap shot Summary

<p>U9-U12</p> <ul style="list-style-type: none"> • Must participate in a regional event to qualify for States. This is the Sunday 28th Feb at Frankston • Teams that qualify in U9-U12 then they proceed to the State Relay Championship which is on Saturday 27th March at Casey Fields • All events at the Region and State Relays are Timed Finals only, and seeding at State is based on performance at Region (no heat and then final), • The number of teams that qualify for the State Relays in the U9-U12 age groups has increased for the 4x200 and the Medley. The 4x200 is now 24 teams, previously 16, the Mixed Sex 4x200 is now 16 teams previously 8, and the Medley is now 16 teams • January 30th 2021 has been determined by the SLAC committee as the cut-off date for competition times to count for relays for all U9-U12 athletes. 	<p>U13+</p> <ul style="list-style-type: none"> • Direct entry to State Relays which is on Sunday 28 March • NO qualifying event for this age group • All events at the Region and State Relays are Timed Finals only, and seeding at State is based on performance at Region (no heat and then final), • The U13-U16 have unlimited Team entries • 11.59pm Sunday 14th February 2021 is the NEW cut off date for the U13-U16 athletes to record times for relays
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Extract of Sandringham Little Athletics Code of Conduct Regulations –Relay Policy (as it appears on our website without COVID or season 20/21 relay changes).

6. RELAY POLICY – REGION & STATE EVENTS

6.1 Aim

To provide all U9-U16 athletes the opportunity to represent SLAC in a team-based track competition and to enjoy their involvement and achieve competitive results.

6.2 Competitions

There are typically three relay competitions each season comprising Mentone Relay Day*, the Regional Relay Championship and the State Relay Championship. *Mentone Relay day cancelled for 2021 season.

6.3 Eligibility

All U9-U16 SLAC registered athletes are eligible to compete. There is no requirement to have competed a minimum number of competitions at SLAC Centre. However, priority for team selection will be given to athletes who compete on a weekly basis when times are similar in a particular event. It is an LAVic requirement that an athlete can only qualify for the State Relay championship by qualifying in the Regional Relay Championship in the event(s) they competed in and, with the exception of injury, the SLAC relay sub-committee will not change teams from Regions to State Championships.

6.4 Relay Events

The relay events are determined by Little Athletics Victoria and SLAC will provide these to athletes for their consideration.

6.5 Relay Race and Team Rules

Relay competitions are conducted under the rules as set out by Little Athletics Victoria (LAVic), details of which are contained in LAVic Competition Rules located on the LAVic website. Parents should help the athlete to understand LAVic rules including clothing and shoes (Centre Uniform Guidelines on LAVic website). Protests must be made by the Team Manager, the race and the regulations about the call room.

6.6 Relay Teams

Athletes can compete in up to a maximum of three teams only (LAVic Rule 603) (NEW CHANGE – LAVIC change 20/21 season to 4). Athletes can be selected to compete in single sex teams, mixed sex teams or mixed age teams. The mixed sex teams are made up of 2 girls and 2 boys from the same age group. The mixed age teams for U9-U11 age groups comprises one U9, one U10 and two U11 runners; U12-U13 age groups comprises two U12 and two U13 runners; and an U14-U16 age groups comprises one U14, one U15 and two U16 runners.

Rules covering athlete substitutions, A, B, C, etc. teams and running above age groups are covered under the LAVic Rule 612.

6.7 Parent Duties and Responsibilities

If athletes enter relay events their parents/guardians will be required to fulfill a duty to assist with the conduct of the relay competition. A Duty Roster will be distributed to parents/guardians once relay teams and entries are finalised.

Parents are expected to encourage their child to participate in any team to which they have been selected. Parent interference with coaches regarding training or team recommendations will not be tolerated by the SLAC Relay Sub Committee and may result in the withdrawal of their child.

If a parent or an athlete has an issue regarding the Coaching of their child's Age Group or the process of team recommendations, they must send an email to the Events Coordinator at sandringhamevents@lavic.com.au and a response will be made within 48 hours of receiving the email.

The response may be made in consultation with the President and/or Coaching Coordinator.

6.8 Training

Relay training will be held at the Sandringham Athletics Track usually once a week after school in the weeks immediately prior to the relay competitions. Training dates and times will be advised by the SLAC Event Coordinator, but typically this training will

be on a Wednesday evening. Athletes should be available for training if you agree to compete in a relay teams, as these are team-based events. If an athlete is unable to attend, the responsible guardian must notify the athlete's Age Group Relay

Coach. If an athlete would like to compete but cannot attend training, they can still be involved but will not be prioritised for an A team.

6.9 Relay Entry Process

Athletes who would like to run in relays must be a registered member of SLAC to compete in relay competitions. Additionally, a relay Registration must be completed online by the date advised by the SLAC Event Coordinator. Fees help cover the costs of entering the events. The SLAC Relay Sub Committee then calculates and pays for the number of teams SLAC can submit, based on registrations received. Constructing SLAC relay teams is a complicated and time-consuming task. If an athlete decides to withdraw, after team estimates have been submitted, this could result in the withdrawal of a whole team and disappointment for other athletes. There are no refunds for individual or teams that are withdrawn.

6.10 Age Group Relay Coaches

The SLAC Event Coordinator will appoint Age Group Relay Coaches for each age group. Coaches will be required to attend a Relay Coaching session prior to the first athlete training evening. Age Group Coaches will be issued with guidelines to assist with their coaching and team recommendations role. Relay coaches who are 18 years old or older must obtain a valid Working With Children Card (WWCC) before engaging in any child related relay coaching. This document must be valid for the entirety of the current athletic season. Where a coach has applied for a WWCC, and is awaiting approval the receipt number must be provided, to engage in child related relay coaching. An individual will not be named as a relay coach without a valid WWCC or receipt number

6.11 Relay Team Selection Criteria

The Age Group Relay Coaches will make final relay team recommendations and submit them to the SLAC Relay Sub Committee for approval. The SLAC Relay Sub Committee will then ratify all teams and make any changes they feel necessary before the final teams are published and entered in competitions.

Selection of relay teams is a challenging task. The criteria to select athletes in teams and the order they run includes:

- The number of SLAC athletes who register for relays by age group and gender;
- The times recorded by athletes at SLAC competitions in the current season. Times run and ultimate placing when athletes are competing in the same race will take priority in the relevant distances of 100m, 200m, and 400m;
- In the majority of cases, the fastest four athletes will comprise the A team, the next four fastest the B team and so on. When a fifth runner** is allowed then the fastest five children will likely comprise the A team, the next five fastest the B team etc; (**NEW CHANGE: In 2021 there will be no fifth runner)
- It should be noted that an athlete running just once and recording a fast time is NOT in the spirit of SLAC relay team participation, hence priority may be given to athletes who attend competition on a regular basis, and who attend relay training regularly where the times are similar;
- SLAC prioritise gender over mixed sexed relays teams: That is SLAC relay subcommittee will not be taking the fastest two boys and fastest two girls in each age group to form a mixed team.
- An athlete's participation in relay training and practice competitions;
- Maximum of 3 events per athlete (NEW CHANGE – changed to 4 as per LAVIC new rules season 20/21, also see 6.6);
- The timing of the relay programme
- The athlete being available to run heats and finals in the event at both State and Regional Championships (All events are now finals or timed finals hence no heats applicable in 2021)
- Ensuring, where possible, that each athlete that wants to compete in the relays is selected in at least one team;
- The Age Group Coaches recommendations;
- The competitive chance of the relay team making the State-level competition, as determined by the SLAC Relay Sub Committee;
- Any team selected for Regional competition that proceeds to the State competition will be unchanged, except in the case of injury, illness or pre-planned unavailability. Individual results post-Regional competition will not have a bearing on the composition of a team that proceeds to the State competition; and

- Any other selection criteria as determined by the SLAC Relay Sub Committee from time to

time. All athletes will be ranked on their SLAC competition times recorded at the SLAC Track for 100m, 200m

and 400m, up to 2 weeks prior to the Regional Relay Championships, as the main basis to help select

teams (SLAC rule change: See 6.11). Times or performances in other competitions will not be considered as they are not comparable given different track, weather/wind conditions and recording equipment etc.

Given the integration of SLAC U13-16 athletes into Sandringham Athletics Club (SAC) via Athletics Victoria (AV), the coaches of these age groups and the SLAC Relay Committee understand that these athletes will not always compete at Sandringham on Saturdays. Hence times obtained for the 100m, 200m and 400m at formally organized athletics meets where the results are publicly available will count as valid times used for team selection at SLAC (e.g. AV, SSV, APS, AGS finals), up to 4 weeks prior to the Regional Relay Championships. (SLAC rule change: See 6.11). All affected athletes are still expected to attend scheduled relay training and meets that are entered by their respective SLAC relay teams.

These times will be reviewed weekly and used when Age Group Relay Coaches make their relay team recommendations and the SLAC Relay Sub Committee makes final selections. Please note, the SLAC Relay Sub Committee has the right to change the scheduled SLAC weekly competition program at any stage during the season and especially if the Age Group Relay Coaches require further times to help finalise team recommendations. Selection in any practice relay team or competition does not mean that the same team combination/order will be selected for the Regional Relay Championship.

If SLAC Relay Sub Committee believes that a combination of four athletes have a competitive chance at making a State final on the basis of times from prior Championships, they may be selected as a team. Where possible, SLAC will enter as many competitive teams as possible in an age group or

event. Where the SLAC Relay Sub Committee, from previous years' Relay Championship results, believes times will not be competitive at State level, the focus will be to maximise the participation and enjoyment of our athletes.