



2022/23 Mentone, Regional & State Relays



WHO CAN PARTICIPATE IN RELAYS?

Sandringham Little Aths offers all athletes from Under8 – Under17 the experience of running in a relay team. Our Under8 athletes can participate in the Mentone Relays- this is an opportunity for them to experience their first-ever relay competition. Our Under9+ athletes can compete at Mentone Relays as well as Regional Relays, and States if they are successful at Regionals.

WHAT ARE THE KEY RELAY DATES?

Sat Nov 12th is the cut-off date for relay qualification. This is the last date for athletes to register times at Sandringham Little Aths for consideration in the relays teams.

The dates for the Relay meets are:

1. **Sun November 20th** is Mentone Relay Day for Under8-17, Dolomore Reserve, Mentone.
2. **Sat December 3rd** is the SMR Region Carnival for Under9-17, Duncan Mackinnon Reserve Athletics Track, North Rd, Murrumbena.
3. **Sat February 4th 2023**, is the State Relay Carnival, Lakeside Stadium Albert Park, Melbourne. Teams need to qualify via Regionals.

Please note that Regionals and States are all-day events for which parents are required to fulfil a compulsory 2-3 hour duty, as the event is run by Volunteers.

WHAT ABOUT RELAY TRAINING?

For Under9-7, relay training will be held at the Sandringham Athletics Track commencing **Wednesday November 9th to Wednesday November 30th** inclusive for Regional Teams.

- U9-U11 5:30pm-6.30pm
- U12-U17 6:30pm-7:15pm

Teams that progress to States will train on **Wednesday 25th January** and **1st February 2023**.

You need to be available for training if you agree to compete in a relay team.

If you cannot make it to training please speak with Shane Bilsborough at sandringham@lavic.com.au.

Note: those attending Wednesday Coaching and staying for relays, we will have fruit and snacks available most nights. The BBQ will be on week 1 of training and the 30th November.

REGISTRATION

Athletes must register to compete in relay competition by **Saturday, November 12th 2022**. This can be done via our website [Sandringham Little Athletics – Take your mark....set!go \(sandringhamlac.com.au\)](http://sandringhamlac.com.au) from this Friday.

Registration acknowledges your confirmation of our relay Code of Conduct, an important document that describes how we select teams and their running order. We try to balance out fun (Mentone) with competition (Regionals), however, we also follow a process, outlined in the Code of Conduct, that we take seriously. It is important that the committee members, team managers and coaches are treated with respect at all times during relays training and competition, as well as during the selection process. Our goal at Sandringham Little Aths is to ensure that all athletes have an enjoyable relay experience.

For more information on Sandringham Little Aths' Relays Code of Conduct, please click on the link below:

<http://www.sandringhamlac.com.au/wp-content/uploads/2022/10/SLAC-Code-of-Conduct-Regulations-07.10.22.pdf>

SLAC Teams: - Athletes can compete in up to a maximum of four relay teams (LAVic Rule). Athletes can be selected to compete in boys' or girls' teams, and mixed teams, The mixed teams comprise of 2 girls and 2 boys from the same age group.

Entry fee: U9-U17's, entry is \$30 per person which covers Mentone and Regional/State Relays. U8 Mentone Relays is free.

We welcome parents who would like to be involved in their child's age group as Team Manager. Please let Shane know if you are interested.

Need more Information: Shane Bilsborough is our Committee Member who oversees the relay program. You find him on a Saturday at the finish line attending to races, so please see him or any of the Committee on Saturday morning. To contact Shane, please email sandringham@lavic.com.au.

Go Sandy!

<p>Relay Events:</p> <ul style="list-style-type: none"> • 4 x 100m • 4 x 200m • Medley Relay (100m, 300m, 200m 400m)
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