



## BELMONT LITTLE ATHLETICS CENTRE INC.

Affiliated with Athletics West

# STATE RELAY SELECTION GUIDELINES

### Purpose

To define guidelines by which to manage the selection of the teams and coaches for track & field relay teams for the centre.

### Extent of Policy

This policy covers all athletes, parents, officials, family members, coaches and committee members associated with, participating in or training for relays for the Belmont Little Athletics Centre.

### Rules & Conditions

- a) Age Groups for the State Relay event are as follows:
  - Track Relays: U9 –U17
  - Field Relays: U9-U17
- b) Teams consist of the following number of participants:
  - Track Relays: A minimum of 4 athletes plus 1 reserve.
  - Field Relays: A minimum of 2 athletes up to 4 athletes.
- c) Events for the State Track Relays consist of:
  - 4 x 100m Relay (U9-U17)
  - 4 x 200m Relay (U9 – U10)
  - 4 x 400m Relay (U11-U17)
- d) The 4 x 100m Relay will consist of heats and finals whilst the 4 x 200m & 400m relays will consist of timed finals only.
- e) Events for the State Field Relays consist of:
  - Discus, Turbo Javelin, Long Jump & Shot Put (U9-U10 Boys & Girls)
  - Discus, Triple Jump, Long Jump & Shot Put (U11-U12 Boys & Girls, U13 Boys & U16-U17 Boys)
  - Javelin, Triple Jump, Long Jump & Shot Put (U13 Girls, U14-U15 Boys & Girls, U16-U17 Girls)
- f) If more athletes nominate than required, times and distances from the current season will be used in the selection process.  
For this purpose the athlete should have competed in this event twice, however this may not always be possible.
- g) Athletes must wear Belmont Centre uniform to all state events including relays.
- h) Athletes cannot compete in more than two events in their age group field relay team.

Further information can be obtained from the Athletics West Website by following this link:

<https://www.athleticswest.com.au/>

1. Click on 'About' Tab and 'Policies & Reports'
2. Click on 'Athletics West Little Athletics Rules of Competition for the 20-21 season' link
3. Rule 502, page 73.

### Training

- a) Relay Training will commence once coaches have been appointed.
- b) Coaches will nominate a training day and time that is most suitable to the coach and team. Gerry Archer facilities are available on Wednesday from 4.30pm for training (Refer to Gerry Archer usage policy)

## **Nominations & Selection Process**

- a) Athletes will be provided with all relevant information regarding State track and field relay event before nomination i.e Date, time, venue etc.
- b) Athletes can only nominate for either a track or field team not both.
- c) Athletes will self-nominate for events on a nomination spreadsheet provided at Saturday meets on the roster table.
- d) Nomination for these teams involves a commitment to the team, training, parent roster and the State Relay event.
- e) By nominating for these events you acknowledge your commitment to the team and after your team is finalised we would hope that “pulling out” of the team would only occur in extenuating circumstances.
- f) If in the event a selected athlete from the previous season has not ‘shown up’ or ‘not attended’ to the call room for their selected team event, thus causing the track relay or field relay team to be ineligible/disqualified, the Executive Committee reserves the right to take this into consideration in the final team selection, should the athlete nominate again in the following season.
- g) Withdrawing from the event on the day of the State Relay Competition leads to the age group becoming ineligible for a team medal. It is therefore crucial that any withdrawals must be communicated to the BLAC Coaching Co-ordinator **no later than 7am the day BEFORE the competition**. As much notice as possible should be given.

## **Coaches**

- a) The Coaching Coordinator is responsible for the appointment of all relay coaches.
- b) Relay coaches from the previous season will be approached first. Then other parents will be called upon to volunteer.
- c) Coaches are able to coach more than one team.
- d) The Coaching Coordinator is to provide coaches with all the necessary State Relay information, relay training guidelines, athlete selection information and a relay baton for training.
- e) Relay coaches must keep their team informed of all relay information.
- f) Coaches are advised to be clear in communicating their final team selections to both the athletes and their parents. The coach will have the discretion as to who runs in what event, their running position, reserve requirements and whether the athlete runs in the heat or final, where applicable.
- g) All coaches perform their duties under the guidelines of the Athletics West Coaches Code of Conduct.
- h) If a track team does not have a coach they will not compete.

## **State Relay Timeline:**

BLAC will endeavour to follow the timeline listed below however this will be determined by our BLAC programs, inclement weather and Athletics West State relay dates.

### **Start of Season**

- Call for nominations from interested athletes and coaches.

### **6 weeks to State Relays**

- Select track and field teams
- Select relay coaches

### **5 weeks to State Relays**

- Coaches communicate with athletes and begin training

### **4 weeks to State Relays**

- Subject to availability teams BLAC may participate in further invitational events such as Bill and Betty Allsop meet or other centre invitational meets.

### **3 weeks to State Relays**

- BLAC Relay night –Wednesday

### **2 weeks to State Relays**

- Confirm Track & Field Teams ready for submission.

### **1 week to State Relays**

- Advise Championship & Special Events Coordinator of team names for submission to Athletics West and organise payment of nomination fees.