



Ballarat Little Athletics

Relay Policy

Effective: 2nd October 2020

Version 15.0



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Policy Administration

Policy Owner	Ballarat Little Athletics Committee
Date of Last Review	10 th September 2023
Next Scheduled Review	Prior to October 2024
Related Policies	N/A
Supporting Procedures or Guidelines	<ol style="list-style-type: none">1. World Athletic Competition Rules https://lavic.com.au/wp-content/uploads/2020/06/C1.1-World-Athletics-Competition-Rules-Season-2023-24.pdf2. LAVic Competition Rules and Regulation Changes https://lavic.com.au/wp-content/uploads/2020/06/Rules-Changes-for-Season-2023-2024.pdf3. LAVic 2020-2021 Centre Officiating Booklet https://lavic.com.au/wp-content/uploads/2020/06/LAVic-Centre-Officiating-Booklet-2023-2024.pdf

Document Control

Version Number	Changes and Updates	Approved by:
1-13	Unavailable	
14.0	Updated after annual review	Committee
14.1	Updated to include u17 age group Changed 'all athletes' to 'all U9+ athletes' can enter. All document links updated to season 23/24 Key information updated to 23/24 dates and information. Minor grammar, punctuation and formatting changes.	10/09/2023 – Tomi Mason & Linda Fraser
15.0	Acceptance of updated Version	24/09/2023 – BLAC Committee



Definitions

LAVic	Little Athletics Victoria
BLAC	Ballarat Little Athletics Centre

Purpose

This document is designed to provide guidelines to:

1. assist in the fair and just management of relays at BLAC
2. ensure the integrity of relay selection is maintained.
3. ensure all parents are clear on expectations,

Authority

The Relay Policy V15.0 was approved by the BLAC Committee 24th September, 2023.

Effective Date

The Relay Policy is to take effect from 24th September, 2023.

Amendments

Any amendments to this policy are to be recorded in the Document Control Sheet stating the date of adaptation and the effective date upon which any amendment is to take effect.

Publication

The BLAC Relay Policy in its entirety will be made available via the BLAC website.
All amendments to this policy are to be reflected on the BLAC website in a timely manner.



Introduction

Relay carnivals are another aspect of athletics that have proven to be lots of fun and one of the few events where athletes get to experience the camaraderie and spirit of a team sport. Any registered athlete aged from U/9 to U/17 can nominate for relay. Teams will be selected as per criteria below.

The dates, venue and locations of Regional and State Relays will be decided upon by LAVic in conjunction with Region officials and will be advertised to members, once announced, in a timely manner.

Relays require a huge amount of organisation and total commitment from athletes and parents. Please check dates for availability to ensure you can commit to the team. All athletes must be available to compete at the Regional Relays, and if they progress, be able to compete at the State Relays. If athletes are not able to commit to both events they may not be considered for selection. Athletes that are selected are expected to attend training sessions as arranged, by team managers/coaches or the Centre.

All U9+ Ballarat Little Athletes are welcome to enter and the relay selection committee will endeavor to maximise teams as the first priority. If entry numbers allow, we will endeavor to have 'B' teams and 'C' teams so if you're interested, please don't hesitate to register. By maximising athlete participation, the training process becomes more streamlined and inclusive. There are more parent/carers to spread the volunteering load. Our aim is to provide a nurturing, inclusive and supportive environment for all athletes participating in relays thus promoting a "Team Ballarat" culture. This enables all athletes and parent/carers to encourage and support all team members.

Upon selection a Relay Team Fee as set by the Relay Committee will apply per athlete, per event.

Nominations will only be accepted once a relay entry form has been submitted with parent/carer permission via the nominated platform by the due date, and all conditions of entry agreed to.

In the event that changes are made to relay event types, team composition rules, changes to dates, venues or other changes as directed by LAVic or WCR, these changes will be communicated to members in a timely manner.

Teams will be selected by the Relay Committee based on the criteria set out below. The below selection criteria has been developed in consultation with Little Athletics Victoria and reviewed by our Competition Sub-Committee members yearly. Input is sought into the formulation of the criteria and all members are invited to contribute their ideas.



Athlete Eligibility

- Athletes must be available to attend Regional Relays and if progressed, State Relays.
- Any registered athlete aged from U/9 to U/17 can nominate for relay.
- Athletes must be a financial LAVic Competitive Member for the Relay Committee to access times. Times are only recorded for those athletes paid by 12pm on the Thursday prior to competition or a payment arrangement approved by the treasurer by 9pm on the Thursday prior to competition.
- Athletes may only compete in a maximum of four relay teams for Regional Relays and State Relays. Relays are timed finals. **All athletes must be available for four relays.**

Team Selection Criteria

Regional Relay Teams will be selected by performance over applicable distances in the current season up until the specified date along with personal best performance from the previous season.

Teams will be formed based on the best chance for success as a collective group in particular events as calculated by the Relay Committee. The top 4 personal best times are added for each event. (Allowances are made for u12 and above being -2.70 seconds for 3 baton changes / flying start). Where comparable results are available these calculations are compared to the previous year State Relay results to the same age group. Proposed team times are ranked and the highest ranked teams/ and or closest times determines which events are selected. Where possible (where numbers allow) the priority will be that each Ballarat Athlete will be given the opportunity to run in at least one Ballarat team. Provided the policy has been followed, the Relay Committee Decision is Final.

For unforeseen athlete withdrawals after the release of the team compositions, the relay committee may seek a fill in from any fully financial and fully registered Ballarat Little Athletics athlete, for both region and state events.

Teams will be deemed 'B' or 'C' teams if there is a Ballarat 'A' team in the same event and if numbers allow for additional teams in that event. Athletes are ranked according to personal best times for the distance, first four athletes will be 'A' team, and the next 4 or 5 athletes will be 'B' team etc.

Under 15, 16 and 17 athletes for the purposes of selection are considered to be one combined age group pool when calculations regarding "best chance of success" are made.



Eligible Times

Times must have been recorded within the Ballarat Little Athletics program. Personal best times for the current season at the close of entry and personal best times from the previous season will be used in calculations. Times are only recorded if a member is fully financial and has completed all registration requirements.

If a member has transferred to Ballarat Little Athletics from another LAVic registered club, their personal best time may be considered if no times are available from this season.

If insufficient data is available from the current season due to program cancellations or modifications, the competition sub-committee may conduct timed events at an alternative time outside of the scheduled calendar/program. These times are not point scoring, do not count for personal bests or Centre records. They are only for the use of relay team selection.

Age Progression

Children may be age progressed in accordance with the LAVic age progression policy, which can be found at <https://lavic.com.au/wp-content/uploads/2020/06/Competition-Regulations-2023-24-V3.0-080923.pdf>, rule 612. If there are inadequate entries for athletes in an age group to form a team, athletes may be age progressed to form the best possible team in the age group above. For example, 3 children registered in U14B, can't run in the 4 x 100, however we may age progress an U13 boy to fill the last spot, or alternatively age progress some of the U14 boys into U15 if the teams would benefit from those athletes being available.

Parent Requirements & Responsibilities

Relay teams will only be entered if there are sufficient parents/carers willing to assist as Team Managers/Coaches. A working with children's check is required for those duties must be emailed to ballarat@lavic.com.au by the specified date.

Parent/guardians are required to perform duties at both Regional and subsequent State competitions. A roster will be completed and opportunities to designate a suitable time slot. A failure to complete assigned duties may result in the Centre being fined for non-completion of said duty and this fine may be passed onto the person who was rostered for that said duty. The fine amount is set by LAVIC. Failure to pay the fine within 14 days may result in further sanctions as defined in the Centres Volunteer Policy.

Parents / Carers are responsible for their own children at all relay events including training. Team Managers will be provided athlete contact details and any medical information as required.



Coaches & Team Managers

Coaches and Team Managers will be selected from the membership pool of parents from the applicable age group as 1st preference. If no one is available they will be sought from the general membership pool.

Coaches/Team manager must hold a Valid WWCC and any other requirements as directed by LAVic.

Coaches/Team Managers will be provided with the contact details of the members of the team that they are coaching/managing to enable them to conduct training sessions and for other requirements regarding conducting of relays.

Other Considerations

Choice of events to avoid undue stress to the athlete will be monitored by the relay committee when selecting teams. Parents of athletes running a 400m leg may be consulted to discuss this.

To maximise participation the relay committee may contact athletes to invite them to join the relay teams prior to teams being released.

Teams that place 1st at Regional Relays gain an invitation from LAVic to progress to State Relays. Ballarat Little Athletics will publish what was previously known as our “qualifying times”. These times are calculated by results in the State Championship Relays in the previous year. That is 4 seconds below the last finishing team (400m event) and 8 seconds below the last finishing team (800m event) neglecting any outliers. For teams deemed to be in this category, families/athletes will have the opportunity to withdraw from State Championships. If for any reason you are unable to compete at State relays you must notify the Relay Committee as soon as possible

Injured /sick athletes will not be disadvantaged where possible. Team Managers, Coaches or the Relay Sub-Committee must be advised as soon as possible and availability communicated prior to any training session or event.

The Relay Committee may withdraw an athlete from a team due to the athlete or parent/carer disciplinary breaches, e.g., breaches of any of the applicable Codes of Conduct

To ensure maximum participation Ballarat registered athlete must make themselves available to Ballarat Relay sides before being considered to run for a Western Country Region Team. Athletes that are unable to be placed in four Ballarat team may then be made available to Western Country Region with the possibility to be included in their team allowances. The relay committee will put your name forward to Western Country Region if this is the case. WCR teams provide a further opportunity to be part of a relay team by being grouped with athletes from other clubs.



Relay Events

The following events are available for relays this year:

1. The following table lists the Relay Event Type and the Team composition. As all events are either a Final or Timed Finals, based on entries, Team composition is only 4 athletes.

Event Type	Age Group	Team Composition
4 x 100m	U9 - U16 B & G	4
4 x 200m	U9 - U16 B & G	4
Swedish Medley (100m,300m,200m,400m)	U9 - U16 B & G	4
Mixed Sex 4 x 100m	U9 - U16 MS	2 x Boys, 2 x Girls
Mixed Sex 4 x 200m	U9 - U16 MS	2 x Boys, 2 x Girls
Multi-Class 4 x 100m	U9 - U16 MT	4 (any combination)
Multi-Class 4 x 200m	U9 - U16 MT	4 (any combination)

B – Boys Only **G** – Girls Only **MS** – Mixed Sex **MT** – Mixed Teams

- Not all age groups will compete in all events. Teams will be formed based on numbers entered.
- All relays are now timed finals – lane/heat draw is random.