

Relay Information Sheet: U9 and up athletes only

Regional Relays - Saturday 18th November 2023 (all day) – Melton

State Relays (Qualified teams only) - Saturday 16th December 2023 (all day) - Lakeside Stadium, Albert Park

The 2023/24 Relay Championships are our main team competition for the season. Athletes carry a baton which they pass onto the next member of their team. Relays create a sense of comradeship among athletes, with athletes learning to work together and support each other. This is also the only Championship where boys and girls can run with each other in a mixed team.

There are multiple events in each age group including the 4 x 100m, 4 x 200m, mixed 4 x 100m, Mixed 4 x 200m and Swedish Medley. The Medley event consists of the following legs in order: 1 x 100m, 1 x 300m, 1 x 200m, 1 x 400m.

Athletes can be chosen to run up age groups. Maximum races to be entered per athlete is 4.

Relay Team Coaches

Parent volunteers are required to coach the teams and assist with getting the teams to the call room on competition day. Without a coach a team cannot be entered. Each age group and gender from U9-U12 require a coach. Coaches will need to co-ordinate a training date that suits them and communicate with selected team members via team app

Team Selection

Athletes wanting to run relays will need to nominate by **Sunday 22nd Oct 12pm.**

When you register you will be asked to agree to

-\$10 per athlete cost

- communicate with the group via team app relay chat

- acknowledge that teams are selected by the External Event Committee and that some athletes may be selected in more races than others

Teams will be selected based on entries received in each age group and is done with a mixture of previous performances as well as ensuring there is opportunity for participation for all. We aim to ensure everyone that registers get two races if possible. Parents do not have input into team selection - this is the role of the External Event Committee and endorsed by the Team Centre President. Any concerns regarding team selection should be taken to the Centre Executive.

Before entering your child, please ensure you are willing to fulfil the following requirements:

- All children and their parent(s) must be 100% available all day for the region date.

Please notify us via the registration form if you can only be there for half a day. We may be able to fit you into teams scheduled at that time but this is not guaranteed.

- A high level of attendance (ideally all) is expected at any training sessions.
- All families MUST perform a duty at the Region event & if the team progresses through to State Finals, duty is also a requirement.
- The team make up as determined by the External Event Committee is final.

Additional Assistance

- WLAC needs to provide team managers for the day. Last season we had 2 for Regional Relays, 1 to look after the athlete's sign in and attend meetings and protests and 1 to direct parents to their duties. Must have a WWC card for these roles
- We will need assistance to get marquees to and from Melton. Please reach out if you can help with this. There is limited shade there.



Participating in Relay Championships is a big commitment from both the Coach and the team. Please consider carefully before entering your child. The success of a team requires the commitment of all its members. Please note: There is no regular Track & Field event held at Williamstown when relays are run.

Co-ordinators supporting each age group are:

U9/10: Steven Frimston

U11/12 Peter Parks

U13+ Anne Rossi

They will set up a team app group for each of these groups once registrations have closed.

Relay registration and declaration form is located: [Relay Registrations | Williamstown LAC \(willylac.com.au\)](#)

Registrations close Sunday 22 Oct 12pm