



Relay Team Selection Guidelines

Any registered athlete in the U9 to U17 age groups can nominate to participate in State Relay Championships.

Any athlete who nominates will be included in one or more of the Teams. Little Athletics is about participation and having fun, not about elite athletes. We strive to accommodate all interested athletes in the Team, even if it means we don't have the fastest Team on the day.

Selection of track relay teams will be done on the following basis:

- Any athlete who wants to compete in a track relay will get at **least one race** - regardless if they are the fastest/slowest etc. **Nobody who wants to compete will miss out.**
- Where there are more athletes than positions in the teams, someone will have to give up a spot **on ONE of the races.** In that case the teams will be filled in the following way:
 - The fastest athletes over the distances of the race, as reviewed over the last 6 meets results, will fill the first spots in the team (top 2 or 3).
 - To fill the last spot/s, the times over the distances will be compared and whoever can run fastest over the distance will be put in that race.
 - If one athlete is overall slower over both distances, the FASTER of the two slowest will be given the CHOICE of which race they want to run.
 - If there is very little difference between the two then the TEAM MANGER will make the decision as to who runs what race taking the interests of the Team into account.
 - Athlete's times will also be used to determine the running order; usually the fastest is the last to run. This is at the discretion of the Team Manager.
- If there are more than 8 athletes, the fastest 8 will be selected for the track teams, excepting that:
 - The additional athletes will be given the option of competing in the field relay events OR
 - The fastest athletes will be given the option in competing in a higher age group if there are insufficient numbers to field a full team in that age. (Under the rules of relay competition athletes may compete in an age group one year higher than their actual age group in order to fill a full team).

Teams will be finalised the week prior to the State Relay Championships to give the athletes time to train in the team as they will race.

At the end of the day, the TEAM MANGER will be responsible for making the final team selections based on the above guidelines and in the interests of the athletes taking part.