



Sandringham Athletic Club

RELAY SELECTION POLICY

Updated: 28 NOVEMBER 2022
Review Due: 28 NOVEMBER 2023

Our commitment

We welcome all members of the club, regardless of their age or abilities to participate in club relays. We will endeavor to make our club and sport as accessible as possible, based on our values of equality and inclusion.

The club will act with integrity and fairness throughout all relay selections, whilst also supporting and encouraging high performance.

Summer Relay Team selection

At the start of the season the summer team manager will request expressions of interest from athletes wishing to participate in the Victorian Relay Championships. Athletes will be asked to submit times and the events they are interested in running in e.g. 4x100, 4x400, medley (200, 200, 400, 800), 4x800, and 4x1500 (depending on age groups availability).

Athletes who wish to participate must register a time for the event/events they wish to compete in at either AV Shield, VAL, APS, AGS (or any other school events). The time submitted must be an electronic time (not hand-held) and be accessible online for verification.

There will be 3-4 relay team managers (coaches with no conflict of interest) nominated by the committee to assist with communications and team selection; Open Women, Open Men, Junior Women, Junior Men.

The team managers will go through the athletes EOI and availability for competing and form teams based on:

- Times run at competition
- Availability of athletes for relay
- Coaches input
- Competitiveness for finals

Once teams are signed off by committee, these will be released to athletes and parents minimum two weeks in advance to allow for team practices at training. Once teams are decided the decision is final and orders of runners cannot be changed. If an athlete has an issue with the published team, they should first speak to their relative team manager (e.g. U14 men speak to the Junior men's team manager).

Running up age groups

As per AV relay competition rules, junior athletes can run in two junior age groups in different distances (eg U14 4 x 100 and u16 4 x 400 etc) but they cannot do two different age groups in the same distance (eg U14 4 x 100, u16 4 x 100). If we are short on numbers or need to strengthen teams in older age groups, younger athletes may be pulled up to run in an older age group. This will be done if there are insufficient athletes available in the older age groups for the event.

We do our best to include all athletes in an event and often will have A – D teams running in the same event. We have varied levels of competitors and we like to ensure everyone gets to compete on behalf of the club, in a team that is as suitable as possible. The only time an athlete may miss out is if we do not have 4 athletes available to run a certain event (e.g. 4 x 1500 runners).

Rules

Athletes must be available for the full day of competition for heats and finals or in case someone becomes injured and we need to use substitute athletes in a team.

Athletes or a family member may be expected to perform an AV duty on the day. We also may need parents to assist with junior teams, ensuring they warm-up and arrive at the call-room on time.

Athletes must compete in full club uniform (SAC singlet/crop top and plain black shorts/briefs) and AV bib.

Relay events and times will be available for viewing on athletics Victoria website.

Winter Relay Team selection

During the cross-country season, the team manager will ask for expressions of interest for Victorian Cross-Country relays. Race distances are as per AV and age groups. The club submits and pays for entries for these events.

Athletes who are interested should submit a registered time to the team manager. Teams are then entered by the club

- Team combinations
- Availability of athletes
- Coaches input

Once teams are decided and signed off by committee, these will be released to athletes. Once teams are decided the decision is final. We will always do our best to accommodate all athletes in an event depending on the number of entrants available to run.