BALDIVIS LITTLE ATHLETICS CENTRE INC.

Registration Number: A1025103V

STATE RELAY POLICY

14/06/2024

Baldivis Little Athletics Centre Inc.

PO Box 4082

BALDIVIS WA 6171

www.baldivislac.com.au

INTRODUCTION

The Baldivis Little Athletics Centre (Baldivis LAC) is committed to providing fair and transparent processes for nominating and selecting teams for the State Relay Championships. This policy outlines the procedures for team nominations, the selection process, and the responsibilities of athletes, coaches, and team managers to ensure a successful and enjoyable experience for all participants.

TEAM NOMINATIONS

1. Eligibility and Team Composition

- Each Affiliated Centre may nominate one (1) Track team (comprising the 4x100m and Swedish Relay races) and one (1) Field team (comprising 4 field events) per age group and gender (U9-15, U17, U20).
- U15-U17/U20 age groups may have additional medley relay teams (subject to confirmation).

2. Information Dissemination

- Details regarding the current year's State Relay Championships will be made available to all Baldivis LAC registered athletes as soon as they are released by Athletics West.

3. Nomination Process

- A nomination/pre-registration form will be sent to athletes after they register with Baldivis LAC.
- Athletes are encouraged to submit their nomination/pre-registration before the season starts or by the Selection Cut-Off Date (which will be communicated for current season) to ensure consideration for selection.
- Athletes must indicate their preference for either "Track" or "Field" teams. If selected for track relay, an athlete cannot compete in a field relay, and vice versa. Athletes who are unsure of their preference may opt to be considered for "Either/Unsure."
- Once nominations/pre-registrations are received and the Selection Cut-Off Date has passed, the Team Manger and Selectors will finalise the teams. Their decision is final.
- Please choose your preference carefully, as changes at a later date may not be accommodated.

SELECTION PROCESS

1. Criteria for Selection

- For Junior athletes, selections will be based on the best performance in two (2) individual events, measured or timed during two (2) programmed competitions. Senior athletes will be assessed on their best performances in three (3) individual events from three (3) programmed competitions.

- The primary selection criteria focus on the athlete's best performance during the current season over the available relay distances (100m, 200m, and 400m). For the Junior Swedish Relay, the 200m leg will be determined by the combined results of the 100m and 200m, while the 300m leg will be based on the 400m results.

- Additional factors include the athlete's proficiency in relay techniques (such as baton exchange and changeover), consistency of results, attitude, commitment to teamwork, and attendance at training.

- If an athlete is unable to attend the scheduled timed/measured events, their selection will be based on the results from the events they did attend.

2. Team Composition

- **Track Teams**: Each track relay team will consist of four (4) athletes and one (1) reserve per relay event (five (5) athletes for 100m and five (5) for Swedish Relays). Some athletes may participate in both the 4x100m and Swedish Relays.

- **Field Teams**: Field teams will consist of two to four (2-4) athletes.

- No athlete will serve solely as a reserve; all selected athletes will compete in at least one (1) event.

- If a team cannot be filled through the nomination process, selectors may approach other athletes to complete the teams.

COACHING AND TEAM MANAGEMENT

1. Track Teams

- Track teams for the 100m and Swedish Relays will require a "Coach" to facilitate training, particularly for baton changes and understanding the Swedish Relay format.

- The 4x100m relay order will be determined by the Track Coach, while the Swedish Relay order will be set by the selectors based on timed results. If the coach has concerns about the Swedish Relay participants' assigned legs, they may discuss these with the selectors.

2. Field Teams

- Field teams do not require a dedicated coach, but athletes may utilise specialist coaches during training sessions (to be communicated during current season).

- A "Team Manager" will be assigned to coordinate field teams.

3. Coach and Team Manager Selection

- Coaches and Team Managers will be selected through a combination of Expressions of Interest (EOI) via the Pre-Registration Form and direct approaches by the Baldivis LAC Team Manager during team formations.

- Coaches and Team Managers are responsible for ensuring that all relevant information regarding the event is communicated to each team member.

TRAINING AND COMMITMENTS

1. Training Sessions

- Training for teams will begin at the appointed coach's discretion following team selection.

- Parents and athletes are expected to demonstrate their commitment by attending the majority of training sessions leading up to the event. Coaches will make every effort to schedule sessions at times that are suitable for all team members.

- Being selected to represent Baldivis LAC is a privilege, and with that privilege comes the responsibility to adhere to appropriate codes of conduct.

- Athletes are required to maintain suitable behaviour during both training sessions and the event itself.

2. Parental Involvement

- Parents/Guardians are encouraged to actively participate in their athlete’s experience with the State Relay Team.

- Specific roles and responsibilities will be explained by our Team Manager.

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VERSION HISTORY

VERSION	DATE	REVISED BY	COMMENTS
1.0	14/06/2024	Jessica Muir & Anita Etridge	Endorsed at Committee Meeting