

RELAY POLICY

It is important to note and acknowledge that all parents assisting in the running of, and selection of relay teams are volunteering their time and experience to deliver a great experience for our athletes. This can be a thankless and challenging process at times and **abuse, or disrespect being shown to our volunteers will not be tolerated.**

1. Aim

To provide all athletes the opportunity to represent Caulfield Little Athletics Centre (CLAC) in a team-based track competition and to enjoy their involvement and achieve competitive results.

2. Competitions

There are typically three (3) relay competitions each season comprising Mentone Relay Day, the Regional Relay Championships (SMR) and the State Relay Championships (States).

3. Eligibility

All U9-U17 CLAC registered athletes are eligible to compete. U6-U8 registered CLAC athletes are eligible to compete at Mentone Relay Day only. U8's do 4x100m and U6-7's do shuttle relay only.

4. Relay Events

The relay events are determined by Little Athletics Victoria and CLAC will provide these to athletes for their consideration and entry via an online relay portal.

5. Relay Race and Team Rules

Relay competitions are conducted under the rules as set out by Little Athletics Victoria (LAVic) which are contained in LAVic Competition Rules located on the [LAVic website](#) (pg 23-25).

6. Relay Teams

Every athlete who registers for relays will be given the opportunity to compete if possible.

All athletes competing in relays must wear a current CLAC uniform on competition days. This includes CLAC singlet / t-shirt / crop top, navy shorts – no logos larger than a 50c piece and their Coles patch.

Athletes can compete in up to a maximum of four teams only.

Athletes can be selected to compete in single sex teams, mixed sex teams or mixed age teams.

7. Parent Duties and Responsibilities

If athletes enter relay events their parents / guardians will be required to fulfill a duty at Region (SMR) and State events to assist with the conduct of these relay competitions. A Duty Roster will be distributed to parents/guardians once relay teams and entries are finalised. If a parent / guardian fails to nominate for a duty, a duty will be assigned to them at the discretion of the Duty Coordinator.



Parents are expected to encourage their child to participate in any team to which they have been selected. Parent interference with Relay Age Group Managers (RAGMs) regarding team recommendations or training will not be tolerated by the CLAC Relay Sub Committee and may result in the withdrawal of their child.

If a parent or an athlete has an issue regarding the managing and coaching of their child's Age Group relay team or the process of team recommendations, they must send an email to the CLAC Relay Coordinator at relays@caulfieldlittleleaths.org.au and a response will be made within 48 hours of receiving the email. The response may be made in consultation with the CLAC Relay Sub Committee and / or the CLAC President.

8. Training

Relay training is usually held Duncan MacKinnon on Mon and/or Wed nights in the weeks leading up to relay competitions. RAGMs may choose to arrange relay training for their teams on an alternate day / time that suits the majority of their athletes. Athletes should be available for training if they agree to compete in a relay team, as these are team-based events. If an athlete is unable to attend, the parent / guardian must notify the athlete's RAGM. If an athlete would like to compete but cannot attend training, they can still be involved but may not be prioritised for an A team.

9. Relay Entry Process

A registration of interest in competing in a relay team must be completed online by the due date advertised on the online CLAC Relay portal. The cost of relay entries will be paid for by CLAC. The entry of final teams for relay events is performed by the CLAC Relay Coordinator. Constructing CLAC relay teams is a complicated and time-consuming task. If an athlete decides to withdraw after teams have been submitted, this could result in the withdrawal of a whole team and disappointment for other athletes.

10. Age Group Relay Managers

The CLAC Relay Coordinator will ask parents to volunteer as Relay Age Group Managers (RAGMs) for each age group. RAGMs will be issued with a copy of this policy to assist with team recommendations. RAGMs who are 18 years old or older must obtain a valid Working With Children Card (WWCC) before engaging in any child related relay coaching. This document must be valid for the entirety of the current athletic season. Where a RAGM has applied for a WWCC and is awaiting approval, the receipt number must be provided to engage in child related relay coaching. An individual will not be named as a RAGM without a valid WWCC or receipt number.

11. Relay Team Selection Process

There is no requirement to have competed a minimum number of competitions at CLAC. However, priority for team selection will be given to athletes who are available for all relay dates and the entire relay day, compete on a weekly basis and who attend relay training regularly. It should be noted that an athlete running just once at a club meet and recording a fast time is not in the spirit of CLAC relay team participation.



Athletes registered to compete in relays are required to run in the same heat in their age group at Caulfield weekly competitions for the 100m, 200m, 400m whenever possible. This will allow for athletes to compete under the same weather / wind conditions.

If or where an issue is identified with the recording equipment, the athlete's placings in the same race will take priority over times. Where the times for athletes are similar in a particular event, the CLAC Relay Sub Committee may choose to arrange a run-off of these athletes, where final placings will determine selection in an A team.

The CLAC Relay Coordinator will compile available event times for athletes for 100m, 200m, 400m and send to the RAGMs to formulate recommendations for Mentone & SMR relay teams.

Given that some CLAC U13-17 athletes will compete at Athletics Victoria (AV) events, the RAGMs and the CLAC Relay Sub Committee understand that these athletes will not always compete at Caulfield on Saturdays. Hence times obtained for the 100m, 200m and 400m at formally organised athletics events from the commencement of the 26/27 season in October, where the results are publicly available will count as valid times used for team selection at CLAC (e.g. AV, SSV, APS, AGS finals). All affected athletes are still expected to attend scheduled relay training and events that are entered by their respective CLAC relay teams.

The CLAC Relay Sub Committee has the right to change the scheduled CLAC weekly competition program at any stage during the season or conduct run-offs, especially if the RAGMs require further times to help finalise team recommendations.

RAGMs are responsible for initial team recommendations. In the majority of cases, the fastest four athletes over 100m and 200m will comprise the A team, the next four fastest the B team and so on for the 4 x 200m and 4 x 100m relay teams.

Where more than two teams are able to be entered for an event in a single age group, the RAGM's may choose to make up B, C & D teams with a mixture of abilities at their discretion (i.e. the 4 slowest athletes may not all be placed together).

In the case of the Swedish Medley, the A team will comprise the athletes with the fastest and second fastest 400m times to run the 400m and 300m leg respectively, the athlete with the fastest 200m time to run the 200m leg and the athlete with the fastest 100m time to run the 100m leg. This same principle will be applied to any B team and so on for the Swedish Medley.

The RAGMs will make relay team recommendations and submit them to the CLAC Relay Sub Committee for approval. The CLAC Relay Sub Committee will then ratify all teams and make any changes they feel necessary before the final teams are published and entered in competitions. Relay Sub Committee members who have children competing for selection will not be involved in the selection process for teams containing their own children. In the instance of a RAGM unable to commit to relay recommendations, the selection duty will revert to the CLAC Relay Sub Committee.

RAGMs will notify parents of ratified Mentone Relay teams and SMR teams. On finalising teams, the CLAC Relay Coordinator will lodge teams with LAVic or the associated event.



12. Relay Team Selection Criteria

Selection of relay teams is a challenging task. The criteria to select athletes in teams and the order they run includes:

- The number of CLAC athletes who register for relays by age group and gender;
- Maximum of 4 events per athlete;
- Athlete's commitment and availability to attend all three relay competitions, relay training sessions and CLAC weekly competitions;
- Athlete's attitude and training performance;
- Athlete's relay ability including baton changing and receiving;
- Athlete's history of performance for CLAC;
- The timing of the relay program;
- Ensuring, where possible, that each athlete that wants to compete in the relays is selected in at least one team;
- The RAGM's recommendations;
- The competitive chance of the relay team making the State Championships, as determined by the CLAC Relay Sub Committee;
- Any other selection criteria as determined by the CLAC Relay Sub Committee.

Selection in any practice relay team at Mentone Relay Day does not necessarily mean that the same team combination / order will be selected for SMR competition.

Any team selected for SMR competition that qualifies for the State Championships will be unchanged, with the exception of:

- Known cases of athletes who were injured and unable to compete at SMR that were approved by the CLAC Relay Sub Committee. In these circumstances changes will only be made where it was communicated to the other athletes in the team that this was a possibility, as the injured athlete would have been in the team had they not been injured.
- Illness that prevented the athlete from competing at SMR and was communicated to the other athletes in the team.
- Pre-planned unavailability that was approved by the CLAC Relay Sub Committee and communicated to the other athletes in the team.
- Athletes who ran at SMR and qualified but who are now unavailable to run at State Championships, either due to injury or schedule clashes. An athlete from the same age group if available will be elevated to the team to fill the vacancy or an athlete selected by the CLAC Relay Sub Committee.
- For events where CLAC qualified both an A and B team, RAGMs may recommend to change the teams based on updated performances between Region & State.

Where a team change would result in an athlete who has qualified in only one event at State Championships, be it an A or B team, being deprived of competing in an event, the team shall remain unchanged.

All RAGMs and the CLAC Relay Sub Committee will abide by the principal of fair play and will attempt to provide every athlete the opportunity to compete to the best of their ability and most importantly enjoy the team events.



13. Field Relay Teams

For the 2026/27 season, LAVic will again offer a Field Relay event for U13-U17 athletes only.

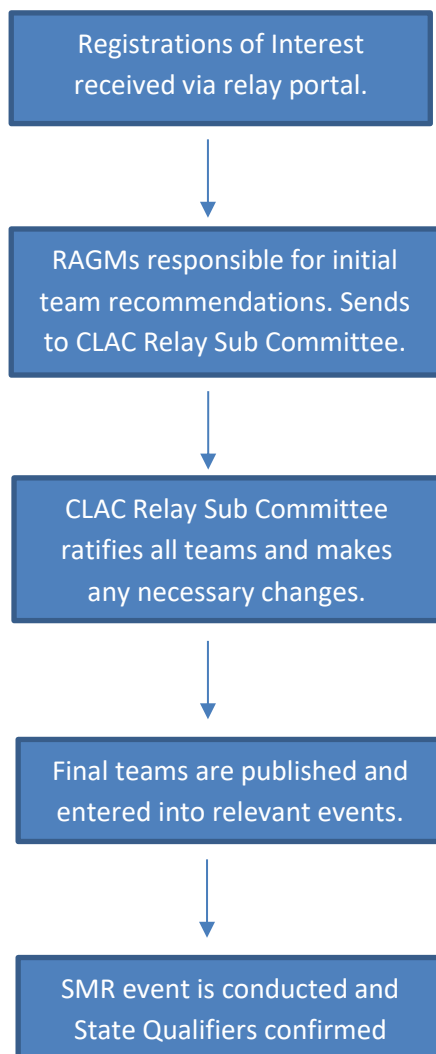
- Field Relays will be offered at the State Championships only (not SMR).
- Field Relay teams will be comprised of three team members who will compete in different field disciplines:
 - One athlete will compete in Long Jump
 - One athlete will compete in Shot Put
 - One athlete will compete in Discus
- Each athlete's results/placing will be tallied and the team with the highest overall points will be the winners.
- The Field Relay will count as one event of the maximum 4 events per athlete. Therefore, if an athlete has qualified to compete in 4 track relays at State, in order to take part in the Field relay, he/she will need to give up his/her spot in one track team.
- Expressions of Interest to take part in a Field Relay will be circulated to U13-U17 athletes post SMR relays in November.
- Further information will be released by LAVic in October, and this policy will be updated as needed once the final details are known.

Relay Process Below.



Appendix 1:

Relay Process



Policy last reviewed :	6 October 2026
Approved by :	Caulfield Little Athletics Committee
Next scheduled review date :	1 September 2027