



## **Cranbourne Little Athletics Centre - Relay Section Process Guideline**

### **Background**

Cranbourne Little Athletics Centre participates in the region relay championships each season, with some teams progressing through to the State Relay Championships based on performances at region level. Cranbourne LAC encourages wide participation in this event across all eligible U9-U17 athletes. Training is offered leading into the major events and facilitated by the coaching team and overseen by the Head Coach. Every effort is made to get each athlete three teams to run in at the Region Championships. Athletes will be organised into teams of four runners, and each athlete can participate in a maximum of four events, including:

- 4 x 100m Relay (Boys, Girls & Mixed)
- 4 x 200m Relay (Boys, Girls & Mixed)
- Swedish Medley Relay: 100m, 300m, 200m, 400m (Boys, Girls)
- Multi-Class Relays: Relays will be conducted in the 4x100 and 4x200 as Mixed Teams (any combination of Boys/Girls). The age group types are U9-U10, U11-U12 and U13-U17. Multi-Class athletes (U9 and older only) can be promoted into any of these age group types.

Teams that progress to the State Relay Championships will be made up of the same team members that competed at Region level. One of the criteria for entry is that the athlete must be available for both Region & State Championships when signing up. (\*Any exceptional circumstances will be reviewed under the discretion of the Head Coach & President/Vice President).

### **Selection Process**

Final team selections are made by the Head Coach, and the President or Vice President (pending executive portfolios held) of Cranbourne LAC. They will be supported in the decision-making process by the wider selection committee including the State Team Managers, and the coaching team.

Several factors go into selecting teams for Region Relays but include the following:

- Athlete sprint times prior to the entry cut off will strongly influence where the athlete is selected in any possible A, B or C teams. Times must have been recorded at a scheduled Cranbourne LAC competition day.
- Attendance and participation at training. The question here is “Has the athlete attended enough training and have a strong competency of relays?”
- Team combinations (see race order selection below)
- Every effort is made to get each athlete 3 runs (in 3 different events) at region relays but various factors might alter this. Team composition could be influenced by the number of athletes registered for relays in each age group to achieve this aim.
- In some instances, an athlete might need to be promoted to an older age group in order for the athlete to be able to participate &/or to help teams have adequate numbers to compete. Every effort will be made to have athletes compete within their own age group, but this varies due to registration numbers.



\*Please Note: No member of the selection committee will be responsible for the final team selection involving their own children. This is a conflict of interest that is managed accordingly.

### **Age Group Promotions**

Athletes may at times be selected to compete up an age group pending age group registration numbers. In situations where an age group doesn't have enough registered athletes to field a team, the following will be considered:

- Running the affected age group members up an age group and forming teams (as per the selection process)
  - Running up the required number of athletes from a lower age group and forming teams (as per the selection process)
  - Considering forming a GCR team if the options above are not able to satisfactorily form teams
- \*\*Age group progressions potentially involve many variable factors and therefore discretion is required by the selection committee in choosing the final teams.**

As per LaVic regulations, athletes may be promoted to a higher Age Group as follows:

- All age group athletes (from U9 up), except Multi-Class, may be promoted 1 or 2 age groups.
- Multi-Class (U9 and older) athletes can be promoted into all available age group types.
- Athletes from U6-U8 are not eligible to compete and cannot be promoted in any situation.
- Athletes cannot compete in more than one (1) team in each event type.
- Athletes cannot compete in two (2) or more different age groups in the same event type.

### **Race order selection**

Race order/distance in the region teams will be selected by the selection committee and final decisions made by the Head Coach. Various factors influence running order:

- In What Position Do They Like To Run?
- Who Can Start Well?
- Fastest Running The Furthest?
- Who Can Finish Well?
- Who Can Pass A Baton; Who Can Receive A Baton?
- Do They Struggle With A Right Hand Or Left Hand Carry?
- Is There A Significant Height Difference Between Runners?

### **Gippsland Country Region (GCR) Teams**

In the situation that Cranbourne LAC doesn't have enough athletes to field a team in a selected age group race (including the consideration of age progressions), liaison will occur with the GCR President to enter these athletes into a combined GCR team. This will be coordinated through the Head Coach/Vice President/State Manager. This is the only rationale for a GCR team being formed.



### **Parent Duties/Athlete Attendance**

It will be an expectation that parents will complete any allocated duties assigned to them for the region & state relay championships as a requirement of entry into the event. Failure to do so could result in exclusion of future team selections of the athlete. Any selected athlete failing to attend the region relay championships (or state championships if progression has occurred) without appropriate notice and reason is in significant breach of our centre values and sanctions will be imposed.

### **Appeals/Complaint Process**

Relay team selections are a very time intensive process that our centre volunteers put a lot of work into. As described earlier in this document, many factors influence team selection, and our selection process guideline is in place to enable an integrity of selection. The guidelines help provide clarity on the considerations and process followed for our Centre, and we have chosen this formula as we believe it to be the fairest for our athletes. Once selected teams are final. There are no appeals accepted. Any family that is unclear about the team selection can email the centre email address with their query. The aim of this process is to provide further communication about the rationale of selection. Our centre will not tolerate abuse of our volunteers and ask that a respectful approach be observed.



### **FAQ's**

**Q: Can my child be chosen to run in a team with his/her friends?**

A: We cannot accommodate matching athletes up to run with their friends at a Regional Relay level championship. The dynamic in attempting to do that is untenable, and the centre is also concerned that this dynamic will create group 'clicks' and divide, with no doubt some kids feeling left out. Refer to the Selection Process criteria above for further.

**Q: In age groups where there are A & B teams selected for an event (ie 4x100m), is the A team made up of athletes with the fastest times?**

A: Generally those athletes with the fastest times will be considered for the A team, with the next fastest B team etc.. Other factors that come into this include the competency of the athlete with relays, training attendance, and team combination dynamics. The Head Coach & Vice President, with support from the wider selection committee consider these factors when selecting the final teams. In situations where an athlete/athletes run up an age group the same formula will apply.

**Q: What does my \$15 entry fee cover? How many events will my child run in?**

A: The entry fee covers all regional events that the athlete is selected in as well as state teams (in the event of qualification). We aim to have each athlete run in three events at the regional relay championships if possible.

**Q: I have missed the cut off for relay registrations. Can I still enter my child?**

A: No. Unfortunately after the cut off date we cannot take any further registrations. Please do not ask for this.

**Q: Can we create a Gippsland Country Region (GCR) super team with the fastest sprinters across different Little Athletics centres?**

A: No. This is not what the GCR process is about. GCR teams are in place to give kids a run who couldn't form a team at their centre. Refer to the GCR section in the guideline.