



Guidance for Juvenile Relay Team Selection

Overview:

Relay teams can be made up of up to six athletes, four of whom will run in the event and the remaining team members will be subs. All team members will receive medals if the team places 1st, 2nd or 3rd in the event.

- 1. Where necessary teams will be selected in advance of competitions by way of run-offs. Run-offs will determine A and B teams and substitutes.**
- 2. Coaches may use their discretion to use the results of more than one run-off if needed.**
- 3. The time and date of run-offs are to be agreed with coaches within the various groups.
Notification is to be sent to parents to ensure interested athletes are present.**
- 4. To be eligible to compete in relays, athletes must have attended training regularly since joining.**
- 5. Run offs should be organised on a club training day. Places, times and names should be recorded.**
- 6. It must be made clear to all athletes by the coach in charge what team they will be involved in, whether they are a runner or a sub.**
- 7. The coach(es) in charge will decide what order the team members will run in.**
- 8. Training will take place well in advance of competition to allow teams to get familiar with relay zones and baton change and become proficient in the skills required.**
- 9. Athletes and parents will be notified in advance of competition, giving the date and time, requesting confirmation that athletes will be in attendance at the event.**
- 10. Changes necessary in the run up to competition or on the day, due to absence, injury or illness, will be made only by the coach(es) in charge of the relay team.**



- 11. Final decisions to be made only by the team Coach in charge or the assigned coach.**
- 12. Interference by parents or outsiders in decision making will not be tolerated.**
- 13. Athletes cannot be on two teams in one age group, i.e., cannot be a sub on one team and run on the other.**
- 14. Make-up of teams may change between competitions within a season.**
- 15. Selection will be made separately for the indoor and outdoor seasons.**
- 16. Step-ups for U9-U11s at indoors should be avoided, as this could mean they are running two 200 m relays as well as individual events on one day. An exception can be made if someone is needed to make up a team and they aren't on a team in their own age group.**
- 17. It is not permitted for an U8 athlete to step up to an U9 relay team.**

Date of implementation: 1st January 2024

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