



Relay Selection Policy

Our relay selection policy is different to other out of centre events MLAC compete in. As relays are a team event MLAC has a policy of choosing the first squad for each event based on the 4 fastest available athletes in each age group at the end of MLAC's week 5 competition day. Times **MUST** have been recorded at a scheduled MLAC competition day.

Relay running order will be set and determined based on athletes' times, experience and in consultation with the age-group manager (taking into consideration the strengths of each athlete). Only the relay selection coordinator(s) or the age group manager have the capacity to change the athlete running order.

We endeavour to get every athlete who wants to compete in relays into at least one event. Once a relay squad is selected we cannot change any members in that squad i.e. if an athlete gets injured, sick or is unavailable to compete the team will have to be scratched.

If an athlete chooses to compete at relays ***the athlete agrees to be available to compete at BOTH Region Relays and State Relays and be present at any compulsory training sessions.*** And parents must also agree to complete a parent duty if they are rostered to one on either day.

We expect athletes to be available for all events and all squads on both days. If an athlete cannot commit to this please do not request to compete at relays as it is unfair on the other members of the squad - if one child pulls out and there is no alternate, the team will have to be scratched from competing.

We sometimes list Alternate athletes with some teams if we have more than a multiple of 4 athletes wanting to compete in an age group. These Alternates will not necessarily run in a race, but will be available to compete if a member of the team pulls out for injury or illness.

If your child is injured or ill in the days leading up to Regionals, please notify the Centre ASAP so we can arrange an alternate athlete to fill their place. This unfortunately happens every year - the earlier we know, the faster we can sort out a full team. If this happens in the week before States, unfortunately the whole team will need to be scratched.

We may also make mixed age and mixed sex teams to allow all those who register for relays to have a run on the day. There are sometimes age group progressions to help fill teams. As stated above, we try to allow ALL athletes who register their interest in relays to run in at least 1 race. Relays is a team event. It is a fantastic day, and most children love the atmosphere and the opportunity to be part of a team.