



## KINGSWAY LITTLE ATHLETICS CENTRE (KLAC)

### STATE TRACK AND FIELD RELAY POLICY

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#### Version Control

Version	Date	Revised by	Comments
1.0	4 November 2020	KLAC Committee	Replaces KLAC Relay Policy last updated in 2019.
2.0	3 October 2022	KLAC Committee	Section 3b - With Athletics West moving State Relays from December to February, changes made to the number of competitions required to attend (from three to five) and changes to number of times the event must have been competed (from two to three).  Section 3d and 3i - Additional explanations on how athletes are selected with examples added for full transparency.
3.0	4 September 2023	KLAC Committee	Section 1b – Chaperone input changed from will be considered to may be considered.  Section 2c – addition of point requiring all Coaches to have a Working With Children card.



			<p>Section 3a – Addition of athletes needing to nominate for possible selection.</p> <p>Section 3b – With Athletics West moving State Relays from February, back to December, changes made to the number of competitions required to attend (from five to three) and changes to number of times the event must have been competed (from three to two).</p>



## 1 Relays Sub Committee

- a) The Relay Sub-Committee will be undertaken by the Chairperson, the Records and Ranking Officer, the Relay Officer and two other Kingsway LAC Committee members. Chaperone input may also be considered in selection.
- b) The Relay Sub-Committee will be responsible for the appointment of all Track Coaches.
- c) The Relay Sub-Committee will be responsible for the selection of all track and field team athletes.

## 2 Appointment of Coaches

- a) Any volunteer wishing to Coach a Relay team will be asked to nominate for their preferred age group. These nominations will be assessed by the Relay Sub-Committee for selection.
- b) If any Coach vacancies exist, the Relay Sub-Committee may approach prospective people to undertake the role of coaches for these teams.
- c) Any volunteer selected to Coach a Relay team must provide the Centre with their valid and current Working With Children card prior to any training commencing or any interaction with the athletes.

## 3 Team Selection for Track and Field Relay Teams

- a) Any athlete who wishes to be considered for selection in a Kingsway State Relay Team (either Track or Field) must nominate by online form before the due date specified by Kingsway LAC. The Records and Ranking Officer will collate the Kingsway Competition Track and Field results (from the current season only) and provide a list of the top ten athletes in each age group who have nominated for selection. These results will be sent electronically to the Relay Sub-Committee.
- b) To be selected in either the Track or Field team, the athlete must have competed (in the current season) in at least **three** Kingsway Competitions. The athlete must have also competed in the selected track or field event on at least two occasions to be selected. Only athletes who nominate by the deadline will be considered for selection.
- c) Track and Field events will be determined by the State Governing body (currently Athletics West).
- d) For full transparency to all athletes and families, the Athletes selected for teams should wherever possible be the top performing athletes in that event. To remove any doubt, top performing is defined as consistently achieving high results over multiple attempts rather than the athlete with the best performance from the season ie



Long Jump

Athlete A - PB: 1.75m

Competition 1	Competition 2	Competition 3
no jump	no jump	1.75m
1.60m	no jump	no jump
1.10m	1.70m	1.05m

Athlete B - PB: 1.65m

Competition 1	Competition 2	Competition 3
1.60m	1.55m	1.60m
1.60m	1.60m	1.65m
1.55m	1.65m	1.65m

In this scenario, whilst Athlete A has the higher PB their results are not consistent across multiple jumps, and Athlete B would be selected for the Long Jump event as their results are much more consistent.

- e) Any athlete selected for a Track or Field team will be notified in writing via electronic means. Families will be advised that as part of confirming their position on a team, they accept that there is a requirement to complete a parent roster at the State event.
- f) As per State Governing body rules, an athlete may only compete in either the Track or Field team. Athletes who rank well in both track and field events will be asked to choose which team they wish to compete in. Coaches, officials and parents should not put any undue pressure on any athlete to select either team over the other.
- g) Once teams are determined by the Relay Sub-Committee, all Track Relay Coaches will be sent athlete’s contact details electronically.
- h) Any Relay Track Coach requesting a change in the Track team athletes must request a change from the Relay Sub-Committee stating the reasons the change has been requested. The Relay Sub-Committee will decide if the change affects any athlete already selected in the team before making any changes unless it is because of an injury or withdrawal of an athlete.
- i) A field relay team may consist of a minimum of two (2) athletes to a maximum of four (4) athletes. Where ever possible, field teams will consist of three or four athletes in case of injury or illness on the day of competition. As athletes are only able to compete in a maximum of two events, Athlete selection for Field teams will take the team’s potential performance into account. This may mean that the top performing athlete is not selected for a specific event ie



	Long Jump	Triple Jump	Shot Put	Javelin
Athlete A	1.75m	5.60m	6.50m	25.50m
Athlete B	1.70m	3.60m	5.50m	15.50m
Athlete C	1.65m	3.55m	5.00m	14.00m
Athlete D	1.65m	2.15m	6.00m	15.50m

In this scenario whilst Athlete A has the highest PB in all events, they are only able to be selected for a maximum number of two events. Therefore, they would be selected for Triple Jump and Javelin as their results are far ahead of the next competitor (TJ 5.6m vs 3.6m and Javelin 25.5m vs 15.5m) while in the remaining events, the results of the next competitor is only a small difference (Long jump 1.75m v 1.70m and Shot Put 6.5m vs 6.0m).

- j) All athletes selected for Track or Field teams must wear the full Centre uniform during competition.
- k) Any queries, disputes or questions by coaches, parents or other interested parties regarding team selections for track or field teams are to be directed to the Relays Sub-committee.
- l) The decisions of the Relays Sub-Committee will be final.

#### 4 Relay Training

- a) Coaches must sign in and out all Kingsway equipment supplied for coaching purposes.
- b) Once Coaches have been allocated their teams, they will be asked for their preferred training day, time and location. This information must be provided to the Relays Sub-Committee for approval prior to training beginning.
- c) Coaches to remember that athletes do have other commitments and may not be able to attend some nights so the coach should look to find the easiest solution to suit all parties. It is also the responsibility of the coach to let both parents and athletes know of any changes that might occur.
- d) It is the responsibility of the parents of athletes to make sure they attend training sessions at the time and days required by the coach. If an athlete cannot attend a training session it will be the parent's responsibility to contact the coach.
- e) If an athlete continually fails to attend or arrives late on the stated days and times for training, whether it be their fault or not, then the Coach may ask the Relays Sub-Committee for a replacement team member.
- f) Coaches must ensure all athletes abide by State Governing body rules and regulations – including the wearing of spikes.