**REGIONAL & STATE RELAYS – WHAT’S IT ALL ABOUT ?**

Little Athletics is largely an individual sport so the opportunity to compete as part of a team is an exciting prospect for our athletes. Each season we run a Regional Relays competition which allows teams from each Centre to compete against teams from other Centres in our Region. This season’s Regional Relays will take place on Saturday 11th November and will be held at our won University track.

**TRACK RELAYS**

Track Relays are comprised of 4 runners (and up to 2 reserves) over a combination of distances depending on the age group of the athletes competing.

4 x 70m Shuttle (U7 & U8) – is run on the straight and runners shuttle up and down the track straight over a distance of 70m.

4 x 100m (U9 & up) – is run in 4 legs as one lap of the circular 400m track. This race is run entirely in lanes.

4 x 200m (U9 & U10) – is run in 4 legs as 2 laps of the circular track. The first and second runners run in lanes, the third runner commences in their lane and then crosses into the inside lane at the markers (just beyond the 1500m start line on the back straight), the final runner can complete the race in the inside lane.

4 x Medley (U11 & up) – is run as 2 legs of 200m, 1 leg of 400m and 1 leg of 800m. The 200m legs are run entirely in lanes. The 400m leg commences in lanes and then crosses into the inside lane at the markers (just beyond the 1500m start line on the back straight). The 800m leg is run in the inside lane.

There are no heats and finals. All relays are conducted as Times Finals. This means that the times recorded by each team will determine the finishing order of the event. The top 3 fastest times will be eligible to progress to the State Relays (for ages U9 & up). U7 & U8 athletes are not eligible to compete at State Relays, however they do receive a participation medal.

**FIELD RELAYS**

As long as we have a minimum of 2 athletes nominated for a field event then we are able to enter a team in that event. At the Regional Relays each athlete competes as they normally would in their nominated field event.

The number of attempts that athletes are permitted to have will depend on the number of nominated athletes at the event. Athletes would usually be allowed 1 practice jump/throw and 3 competition attempts. However, to ensure that the program can complete in the scheduled time the number of attempts may be reduced to 2 competition attempts. This will be decided by the Regional Co-Ordinator and the Arena Manager once all nominations have been received.

Once the athletes have completed their field event attempts, the results of the top 2 ranked athletes from a Centre will be combined to form a team, followed by the next 2 ranked athletes etc.

The top 3 ranked field teams (from the combined results of 2 x athletes) will be eligible to progress to the State Relays (for ages U9 & up). U7 & U8 athletes are not eligible to compete at State Relays, however they do receive a participation medal.

**NOMINATIONS**

All athletes in the U7 age group and up are eligible to nominate for Regional Relays. If you wish to nominate for Regional Relays please makes sure you have read our Regional & State Relays Policy. The policy covers the athlete nomination and selection policy as to how we select athletes for track relay teams.

Nominations for Regional Relays close on Friday 20th October so if you would like to nominate head over to the website at <http://www.usclac.com.au/event-nominations/>.

**QUESTIONS?**

Any questions please ask any of our Leadership Team or email to competitions@usclac.com.au.