



HAMERSLEY LITTLE ATHLETICS CENTRE

Charles Riley Memorial Reserve
Wendling Road, North Beach

State Track and Field Relay Championships 2022/2023

We have selected the relay teams for this year's State Track and Field Relay Championships. The Track and Field Relays are for athletes in U9 to U17 age/gender groups.

The selection of athletes for both track and field events was made following the 6th week of competition to allow enough time for the Selections Committee to make selections and then for the relay squads to train together.

This State Track and Field Relay Championships will be held on 4th February 2023 at the WA Athletics Stadium, Mt Claremont and include the following events:

Track

- 4 x 100 metres for U9 to U17 age groups, including a possible mixed U17 age group;
- 4 x 200 metres for U9 and U10 age groups;
- 4 x 400 metres for U11 to U16/17 age groups, including a possible mixed U17 age group.

Field

- U9 to U17 – 4 events in each age group with any combination of the following events as determined by Athletics West: discus, long jump, shot put, turbo javelin, triple jump and javelin.

General Selection Rules

Athletics West State Relay Championships

This event is organised by Athletics West, it embraces all Centres, is usually held at the West Australian Athletics Stadium and consists of Track Relay Teams and selected Field Relay Teams.

(a) General Selection Rules

ATHLETES COMPETING IN THE FIELD RELAY MAY NOT COMPETE IN A TRACK RELAY AND VICE VERSA (THIS IS AN ATHLETICS WEST IMPOSED RULE).

- i. Athletics West rules state that a Field Relay Team can now compete without the appearance of a Track Team.
- ii. The priority of a Centre is to nominate Track and Field Relay Teams on a 'best for Centre' basis. This generally means **selecting a Track Squad before selecting a Field Relay Team**. Time is required to train the Track Relay Squad, especially in baton changing, whilst we want to give other athletes more time to qualify for the Field Teams to make sure the best Field Teams are selected. Track Relay Squads generally include reserves in case of injury or sickness (i.e. will consist of more than the 4 athletes required to run the relay events).
- iii. It is NOT an athlete's decision on whether they participate in Track or Field Relay Teams. **These are team events** and the selection decisions need to be made by the Centre, not individuals. The circumstances where an athlete may be selected by the Hamersley Selections Sub-Committee for the Field Relay Team over the Track Relay Team are:

- I. There is no significant detriment to the Track Relay Team. Therefore, the replacement in the Track Relay Team would have recorded a similar time, and/or
- II. The athlete was almost certain to be the Track Relay Team reserve but would significantly improve the strength of the Field Relay Team, and/or
- III. The athlete's selection in the Field Relay Team over their selection in the Track Relay Team will be a 'best for Centre' decision.
- iv. Initial squad invitation this year has been based on all performances up to and including week 6 of competition.
- v. The Track and Field Relays are for athletes in U9 to U17 age/gender groups.

(b) Track Relay Rules and Selection:

- i. A Coach/Manager ("Coach") is required for each age/gender squad. The Coach is selected by a sub-committee from the Centre Committee once nominations are received. Individuals interested in coaching teams may contact the Selections Officer at the commencement of the season. The following guidelines for Coach selection will apply:
 - I. Previous year's coaches may be given preferential consideration, provided past work has been satisfactory.
 - II. Level of accreditation and field of expertise will be considered.
 - III. Parents or interested parties, who are active at Centre and/or Club level, will be considered.
- ii. Invitation and selection of the athletes for each relay Squad is by Hamersley Sub-committee.
- iii. Athletes must have had at least one recorded time for the event, to be considered for selection. Occasionally in the older age groups, to establish a team, athletes without a time in an event but a history of good performance, may be asked for their availability.
- iv. Athlete invitation and selection has been based on rankings (i.e. season best times) at the conclusion of the last selection day. However, an athlete who is not ranked in the top 4 on times but places in the top 4, will be considered for selection. Previous performance may be considered in extenuating circumstances at the Hamersley Sub-Committee's discretion. Athletes who are sick or injured and wish to be considered must contact the selections officer prior to final selection day.
- v. Additions to Squads and selection of the final Team to compete on competition day, is at the discretion of each age/gender Coach and the Hamersley Selections Officer. Changes may be made up to one day prior to the actual competition. On occasions due to illness, injury or poor performance on the day, a late change may be deemed necessary by the Coach in discussion with the Selections Officer.
- vi. Hamersley Centre uniform including number bib, age group tag and sponsor's badge must be worn and Athletics West rules for footwear apply.
- vii. Training in squads is required and is in addition to normal club training. It is compulsory to attend most of these squad training sessions.
- viii. For Track Relay Squads, a training session may be held at the WA Athletic Stadium at the Coach's discretion, the week prior to Championships.

(c) Field Relay Rules and Selection:

- i. Four events from Long Jump, Triple Jump, Turbo Javelin/Javelin, Shot Put, and Discus to form the Field Relay for each of the U9 to U17 age groups. The events that make up the Field Relay differ for each age group and are determined by Athletics West.
- ii. A Centre may enter one team per age group and for each gender.
- iii. Each athlete in the Team may compete in no more than 2 events.
- iv. Teams may be composed of: 4 athletes with 1 event each; 3 athletes with 1 athlete competing in 2 events and the other 2 competing in 1 event each; or 2 athletes competing in 2 events each.
- v. The Hamersley Selections Sub-Committee will generally select athletes for field events based on best performances up to the selection date but may take 'consistency of performance' into account and other factors when selecting the Field Relay teams.
- vi. Where a Hamersley athlete has the best field event performances (amongst those eligible for Field Relay Team selection) in their age group/gender for more than 2 of the 4 field events (and given one athlete can only compete in 2 events), the Hamersley Selection Sub-Committee will refer to the competition points system used by Athletics West for the State Field Relays and select the Field Relay Team members for events based on the potential to achieve the most cumulative points for the Team across all 4 events. This is a 'best for Centre' approach and not based on any individual team members' preferences.

- vii. Each Team must compete in all 4 events to be eligible for medals and for points to count towards the overall points trophies for best Centre. For this to occur, all Field Team members must formally accept their selection and participate on the day of competition to support their Team and the Centre.
- viii. Where only 2 athletes are selected for a team (i.e. 2 events each), a reserve may be appointed in case one of the 2 athletes is sick, injured and/or cannot compete.
- ix. Medals are presented to the first three placed Teams in each age group and gender.
- x. Full details regarding the Rules of Competition and the scoring points system for the field events, are available from the Selections Officer.

(d) Code of Conduct for Parents & Athletes involved with Relay Squads:

- i. Invitation of an athlete in the preliminary Squads is not to be construed as meaning that the athlete will be an automatic selection in the final Team, to compete at Athletics West State Relay Championships.
- ii. Proficiency in both baton changing and the preservation of the ranking in the distances from the 100m-400m, will be necessary to attain and retain a place in the final teams.
- iii. Athletes must be prepared to attend a majority of training sessions, whenever and wherever the Coach elects to conduct the sessions. Parents are not to be involved in, nor interfere with, the training sessions, unless specifically asked to by the Coach.
- iv. The Coach is to be left to make the decisions about the order of running of the athletes, as well as who will be the reserve/s, in both heats and finals (from the selected Squad). They have the right to make these decisions on the day.
- v. All issues pertaining to selection and training must be referred to the Hamersley Selections Sub-committee. Do not approach the coach directly.

All athletes selected will be notified of their selection as soon as the committee has finalised the teams. If an athlete is not available to compete in either the track or field events they have been selected for, please notify the Selection Officer ASAP so that a replacement can be selected.

Squad lists will also be posted on the Hamersley Website and TeamApp.

The selection process is not an easy process and many variables go into the selection of athletes for each event. We try our best to select the teams fairly on a 'best for Centre' basis.

Regards

Steve Preece
Championship and Selection Officer
Hamersley Little Athletics Centre