

LAQ RELAYS

Frequently asked Questions

What are Relay Competitions?

LAQ Regional and State Relays are a one-day competition that offers track and field events, with athletes from the same Centre forming teams.

At Regional Relay competitions, track teams comprise of four (4) athletes. Any number of athletes may participate in field events, as athletes do not compete in teams.

- ▶ The Regional Relays emphasises team participation during a fun and friendly competition for all athletes in the U7 to U17 age groups.
- ▶ At the Regional Relays there are no finals. Placings and progression are determined by team best times on the track and combined performances on the field.
- ▶ Each U7 and U8 athlete receives a participation ribbon at their Regional Relay competition.

At the State Relay Championships, track teams comprise of four (4) athletes, and field teams comprise of two (2) athletes.

- ▶ The State Relay Championships is a competition for U9 to U17 teams that qualified as first to third placegetters at Regional Relay competitions, and via direct nomination for Winter Centre and Central Coast teams that meet the criteria.
- ▶ Despite a higher level of competition, the emphasis remains on team participation, as well as being a fun and friendly competition.

When and where are the Relay competitions held?

Regional Relays are held early to mid-November at an agreed venue, which may differ from season to season (ask your Centre Committee to confirm the location) or use the link below:

<https://laq.org.au/hart-regional-relays/>

The State Relay Championships are usually held in late November / early December in Brisbane (QSAC, Nathan).

Who can compete at Relays?

- ▶ At the Regional Relays, all registered athletes in the U7 to U17 age groups can nominate to compete, giving them the opportunity to experience a region event, regardless of their ability.
- ▶ U9 to U17 teams that place 1st, 2nd or 3rd in their track and or / 1st or 2nd in their field events will be eligible to progress to compete at the State Relay Championships.
- ▶ U7 to U8 teams and athletes do not progress to State Relays Championships.

Can members from Central Coast and Winter Regions participate in Relay events?

Yes, they can.

- ▶ Fun relays can be incorporated in to the Regional Championships if the program allows and is supported by the Region Committee (e.g. shuttle races for U7-U8s, and 4x100m for U9-U17s).
- ▶ Winter and Central Coast Regional Committees can put forward a request to the LAQ Board to conduct a Relay competition separate to the Regional Championships.
- ▶ Winter and Central Coast Centres athletes can form teams to compete at the State Relay Championships without participation at a Regional Relay competition. Nominations for the State Relay Championships are lodged through the Centre Committees. These Regions can also direct nominate U15-U17 (from multiple Centres within the same Region) to form Regional teams to the State Relays .

Where can I find a nomination form and the Relays' Event Order?

- ▶ Speak with your Centre Committee members to find out how they are taking nominations.
- ▶ A generic nomination form and programs of events can be found on the LAQ website:
<http://laq.org.au/Competition/Regional-Competitions>
- ▶ Each Region's Event Order and the State Relay Championship Event Order can be found on their respective LAQ webpage.

When do nominations close?

- Each Centre will set a closing date for their members to lodge athlete nominations – check with your Centre Committee to confirm this date.

How much does it cost?

- Fees payable to LAQ are:
- Regional Relays: **\$6.00** per event/per athlete.
- State Relays: **\$7.00** per event/per athlete.
- Payments are processed by your Centre.
- Some Centres may choose to pay the entry fee for their athletes or set a standard nomination fee, regardless of how many events an athlete may be competing in. Please contact your Centre to confirm nomination fee arrangements.

How many events can athletes compete in?

For Regional Relays athletes can nominate to compete in a maximum of five (5) events across track or field events.

- Additionally, U15 to U17 athletes may also compete in a 100m run-off between interested athletes for selection in Regional teams that compete at the State Relays Championships.

Do athletes need to nominate as a team for track events?

No, athletes individually lodge their nomination with their Centre to compete. The Centre Committee members will then assign athletes to teams for track events based on the athletes' best performances, then submit all team nominations to LAQ.

What happens if there are not enough athletes to form a team?

Each Centre does their best to ensure that every athlete nominating to compete at Relays is assigned to a team. If a team cannot be made up of available athletes from one age group, other options are available, including:

- Athletes from various age groups form a Combined Age Team for track or a Mixed Gender Team for field events.
- Multi-Class teams can be formed from athletes in different Centres provided they are in the same Region.

What events are held at LAQ Relay competitions?

- U7: 4x70m and 4x100m shuttle relays, Long Jump, and Discus - may differ between Regions
- U8: 4x70m and 4x100m shuttle relays, Long Jump, and Shot Put - may differ between Regions
- U9: 4x100m, Swedish Medley Relay, High Jump, Discus and Shot Put
- U10: 4x100m, Swedish Medley Relay, Long Jump, High Jump and Shot Put
- U11: 4x100m, Distance Medley Relay, Long Jump, Discus and Shot Put
- U12: 4x100m, Distance Medley Relay, Long Jump, High Jump and Discus
- U13: 4x100m, Distance Medley Relay, High Jump, Discus and Shot Put
- U14: 4x100m, Swedish Medley Relay, Long Jump, High Jump and Shot Put
- U15: 4x100m, Swedish Medley Relay, Long Jump, High Jump and Discus
- U16: 4x100m, Swedish Medley Relay, Long Jump, Discus and Shot Put
- U17: 4x100m, Swedish Medley Relay, Long Jump, Discus and Shot Put

What is the Swedish Medley Relay?

The Swedish Medley Relay is conducted over 1000m and involves legs of 100m, 300m, 200m and 400m in that order.

Only the first leg of this Relay is run entirely in lanes. The second leg is partially run in lanes. Thereafter, each athlete is entitled (subject always to the rules of obstruction and interference) to run in lane one (1).

Can the athlete running the first leg of the Swedish Medley Relay for 14 to U17 teams wear spike(s) shoes?

Yes, they can.

What is the Distance Medley Relay?

The Distance Medley Relay is conducted over 1600m, involving two legs of 200m and one leg each of 400m and 800m in that order.

The first two legs of the Distance Medley Relays are run in lanes, with the third leg run partially in designated lanes. Thereafter, each athlete is entitled (subject always to the rules of obstruction and interference) to run in lane one (1).

Can U11 or U12 athletes running the first/second leg of the Distance Medley Relay wear spike shoes?

No, they cannot. Even though the first and second legs are run in lanes, the entire event is not a laned event and is therefore considered to be an unlaned event.

Will athletes be taught how to run in a relay race?

It is up to each Centre to provide training for Relays. Training sessions can be held as part of Centre training sessions or at other times as determined by individual Centres. These [handy hints](#) may be useful.

What time do athletes need to arrive before each of their events on the day of competition?

Athletes should aim to be at the Relay venue at least 60 minutes prior to their first event. However, it is recommended that athletes aim to arrive and check-in with their Team Manager at least one hour prior in case an event time is brought forward.

What do athletes wear to the Regional and State Relays?

Athletes must wear the correct and approved Centre Uniform as outline in the Uniform Policy. Appropriate shoes must be worn while competing in an event.

Can parents help?

YES!!! Assistance from parents is always appreciated and encouraged. Without your help, we cannot run our events effectively.

There are several ways in which parents can help:

- Assisting with officiating, whether it is recording, spiking, or retrieving at field events, or acting as umpires in track events. This way you will have a front row seat when your child is competing.
- Arriving on time and being there to support their child – cheering them on from the sidelines and encouraging them to do their best!!

Can a U7 substitute in a U8 event or vice versa?

Yes, they can. For track events the rules have been relaxed, and there is no need for substitutions in field events.

How will the field events be conducted at Regional Competitions?

Each field event will be conducted with all nominees competing per event, per age group, per gender, as programmed. Regions may combine age groups for program effectiveness if necessary.

Can Mixed Gender Field (MGF) teams be nominated for Regional Relays?

There is no need to nominate MGF teams – calculation for progression will now be performance based and calculated by the recorders at Regional Relays.

Can an athlete that has competed in a Same Age Team (SAT) 4x100 event, be used as a substitute for a Combined Age Team (CAT) in the 4 x 100?

No, not at Regional Relays

Yes, at State Relays – provided other rules are met.

If the Centre nominates a SAT team and one athlete does not show up to compete can the team move to a CAT equivalent event?

Yes, at Regions only, provided the substitution rules are applied.

If the Centre nominates a CAT team event and one athlete does not show up to compete can the team move to a SAT event?

No, the rules do not allow for this.

Can an athlete nominate to compete in an older age group CAT team that is above the athlete's designated CAT or in a SAT age group events?

No, this is outside the rules of team structure.

Can an athlete compete / substitute up an age group beyond the CAT groups or in a SAT team that is one age group older?

Yes, but only if the team competes as a Composite Team – the team would not be eligible for progression to State Relay Championships or medals.

How will field team progression from Regional to State Relays be calculated?

Two (2) x Boys and Two (2) x Girls teams - same age and gender:

- › Teams will be formed by combining the best performances of two athletes from the same Centre. Then the two (2) teams with the best combined performances overall will progress.

Two (2) Mixed Gender teams - same age with one (1) boy and one (1) girl:

- › Teams will be formed based on the remaining best boy's and best girl's performances combined of athletes from the same Centre. Then the two (2) teams with the best combined performances overall will progress.

How will the high jump event for MGF teams be conducted at State Relays?

Girls will have their first round of jumps at their appropriate starting height; once completed, the bar will be raised to the boy's starting height for their first round of jumps. The girls will then have their second round of jumps at the same height. The bar will be raised again with the boys having their second round of attempts, girls having their third. The bar continues to be raised in accordance with the increment rules once athletes have completed their attempts in each round, with the boys having the first attempts at the new height, the girls following. Athletes may pass at any height or stage in accordance with the rules.

What is a Take Over Zone

The Take Over Zone is the area where the baton must be passed between athletes, example below.

