
LAQ RELAYS

Frequently asked Questions

Q. What are Relays?

Relays are a one-day carnival event with an emphasis on providing a fun and friendly competition for all athletes in the U7–U17 age groups. All athletes compete as part of a team.

Track and field Relay events are provided for. Track teams comprise of four (4) athletes, and field teams comprise of the total number of nominated athletes for that age group's event.

Summer Regions traditionally hold Regional Relays competition. There are no finals held at Regional Relays and placings are determined by team best times on the track and combined performances on the field.

Q. Who can compete at Relays?

All registered athletes in the U7–U17 age groups can nominate to compete at Regional Relays, giving them the opportunity to experience a region event, regardless of their ability. Relays are an opportunity to have fun and compete against other teams in your Region.

U9 – U17 teams that place 1st, 2nd or 3rd in their events will be eligible to progress to compete at the State Relay Championships.

U7–U8 teams and athletes do not progress to State Relays. Each U7–U8 athlete receives a participation medal at their Regional Relay competition.

Q. What events are held at relays?

- **U7:** 4x70m shuttle relay, 4x100m shuttle relay, Long Jump, and Discus
- **U8:** 4x70m shuttle relay, 4x100m shuttle relay, Long Jump, and Shot Put
- **U9:** 4x100m, 4x200m, High Jump, Discus and Shot Put
- **U10:** 4x100m, 4x200m, Long Jump, High Jump and Shot Put
- **U11:** 4x100m, Swedish Medley, Long Jump, Discus and Shot Put
- **U12:** 4x100m, Swedish Medley, Long Jump, High Jump and Discus
- **U13:** 4x100m, Distance Medley, High Jump, Discus and Shot Put
- **U14:** 4x100m, Distance Medley, Long Jump, High Jump and Shot Put
- **U15:** 4x100m, Swedish Medley, Long Jump, High Jump and Discus
- **U16:** 4x100m, Swedish Medley, Long Jump, Discus and Shot Put
- **U17:** 4x100m, Swedish Medley, Long Jump, Discus and Shot Put

Q. 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).

Q. Can the athlete running the first leg of the Swedish Relay for 11 & U12 teams wear spike(s) shoes?

No, they cannot. Even though the first leg is run in lanes, the entire event is not a laned event.

Q. Can an U9 or U10 be nominated or be a substitute athlete for an U11 or U12 Swedish Relay team?

Yes they can; provided all other relevant rules, including age groups an athlete can compete up, are adhered to.

Q. 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 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).

Q. How many events can athletes compete in?

Athletes can nominate to compete in a maximum of five (5) events. However, athletes may participate in a sixth event if that athlete is used as a substitute athlete in another event on the day of competition.

Additionally, athletes in the U15 and U17 age groups may also compete in a 100m race-off between interested athletes to select a Regional team to compete in a 4x100m Relay at the State Relays (one boys' team and one girls' team).

Q. How much does it cost?

Fees are usually \$3.50 per event/per athlete, payable with nominations. However, 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 find out costs involved.

Q. When and where are Relays held?

Regional Relays are held in November and are hosted by Centres in each Region on a rotation schedule (check with your Centre to find out the location).

The State Relay Championships are held in December in Brisbane (QSAC, Nathan).

Q. When do nominations close?

Usually two weeks prior to the Regional Relays (check with your Centre to confirm)

Q. Where can I get a nomination form and program of events?

Nomination forms and programs of events can be found on the LAQ website:

<http://laq.org.au/Competition/Regional-Competitions>

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

Athletes individually lodge their nomination with their Centre to compete at the Relays. The Centre Committee members will then assign athletes to teams for track events based on the athletes best performance times, then submit all nominations with LAQ.

Q. 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:

- *An athlete from a younger age group may be nominated to compete in an older age group for track and field events; however, there are restrictions e.g. the weight specification used must be the same for both age groups, and the same High Jump specifications must apply (scissor vs flop).*
- *Girls may compete as boys.*
- *Multi-Centre teams may be formed by Centres with less than a total of 75 registered U9–U17 athletes.*

Refer to the LAQ Competition Handbook for further information.

Q. 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.

Q. 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 30 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.

Q. What do the athletes wear to the Regional and State Relays?

Athletes must wear the correct and approved Centre Uniform. The registration number is to be affixed to the front of the uniform top and must be entirely visible. The age label is to be affixed to the left shirt sleeve or in the case of a crop top or singlet, on the left side of the shorts or similar. Finally, any LAQ or LAA sponsor patches must be adhered to the designated area of the uniform.

Appropriate shoes must be worn while competing in an event.

Q. Can parents help?

Assistance from parents is always appreciated and invited. 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!!*