



Welcome families!

The summer athletics season is almost here, and relays are one of our first and most exciting events. To participate, families must submit their interest; athletes are not entered automatically.

We will be asking for interest very soon and have detailed any common questions to help you decide to participate.

Please note that there is no additional cost for families and training is provided.

We do ask you to be familiar with our relay policy and especially the selection process.

Chelsea Little Athletics participates in the following events over the season.

1. **Mentone Relays** - Sunday 16th November – all day event - Dolomore Reserve – Parkdale
2. **Regional Relays** - Saturday 22nd November – all day event - Venue TBC
3. **State Relays** - Sat 13th/Sun 14th December - all day event - Lakeside Stadium – Albert Park

What events are there?

4x100m

4x100m mixed

4x200m

4x200m mixed

Swedish Medley (100m, 300m, 200m, 400m run in one race)

What does mixed team mean?

Mixed teams comprise of 2 female and 2 male athletes.

Can all age groups complete?

No, just athletes U9 and up can register for Regional Relays and athletes U8 and up for Mentone Relays as stipulated by each event regulations.

What does Regional event mean?

Chelsea LAC is part of the **Southern Metropolitan Region**.

This means for Regional events, we compete against 14 other centres in our region.



Who can compete at State relays?

Teams compete at Regional Relays and can qualify for State Relays.

To qualify, teams must come first in their region or finish in the top 16 time overall (in the state) for each event.

What if I sign up and then my child can't compete?

If injury or illness occurs, we ask that you give as much time as possible to replace your child. We kindly ask athletes not to withdraw due to change of mind or other commitments arising. As this is a team event, your child's withdrawal from a team could result in 3 other children having to miss the event. Please look carefully at times and dates before committing to signing up.

Is training provided?

Yes, free training will be provided and it is strongly recommended that all athletes attend. Times, dates and venue will be confirmed and communicated.

How are teams selected?

Athletes complete an online ***Expression of Interest*** form to indicate that they are interested in competing. Mentone Relays is a fun event, and where possible, teams will be built around participation. Region Relay team will be selected based on current and past performance. Entry/qualification into State Relays is based on performance, so therefore we aim to put our best team forward.

Do athletes have to compete in their age group?

No. We endeavour to keep athletes in their own age group, but there are times we need to move athletes up an age group (or two) to fill teams. We would only look to move athletes up an age group to ensure a team is able to compete where they wouldn't otherwise be able to.

Will I have to help on the day?

Yes, many duties need to be volunteer run and we ask that families help with at least 1 role such as officiating zones or assisting chief officials (runners).

Mentone Relay is generally run by the Mentone committee, so we have minimal duties, but we still ask that parents are available to escort athletes/teams to the call room area and to help with the smooth running of the day.



Regional and State Relay duties are allocated to us by LAVic based on the number of teams we have entered. There will be a small duty for all families to complete at these events, so we kindly ask that families keep a small amount of time available.

Will teams stay the same for all events?

Mentone Relays provide a good chance for teams to have a 'practise run' before Regional Relay, so where possible, teams will aim to remain the same. However, it is not guaranteed that all teams will remain the same for all events. Progression from Regionals to States means every centre will be aiming to put their best team forward to compete at States, current form/data, baton changes and training, will be used to inform the coaches and selection committee.

Do I have to pay and register my child?

No. You simply need to complete the **Expression of Interest** form. By completing this you are committing to your child competing and an adult committing to helping on the day/s. The club will cover fees for all relay entries.

What if I cannot complete my duty time slot?

That's fine; we simply ask that you liaise with another family to swap your duty time.

Can my child just compete in 1 of the 3 event days?

When completing the **Expression of Interest** form, it will ask if your child is available for all events. You can tick a box to select Mentone or Regional Relays, or both. We do ask though that athletes who compete at Regionals, are also available for State Relays if their team happens to be successful in qualifying for States.

What does emergency runner mean?

Every year we have last minute sickness and injury occur where athletes need to withdraw late from events. Rather than scratch the whole team, where possible, we aim to provide an emergency runner to fill the spot. We understand this is not ideal for families, but really appreciate athletes committing to being an emergency runner to support the team.



Is there only 1 team per age group?

No. The number of teams per age group entered will be based on the number of athletes who have registered interest. In past years, we have had up to 3 teams per age group entered in events. We will be conscious of not over committing to events though and ensuring we have emergency runners in place.

Can my child run in all 5 races?

No. Athletes are capped at **4 events** and as it is a long and strenuous day, we will aim to have athletes competing in ideally 3 events.

**Any other questions,
please ask any of our wonderful committee
or our awesome age group managers!**