

## STATE RELAY SELECTION POLICY

Athletics West host a State Track and Field Relay Championships each year, which is a competition between Centres from around WA. The program includes Track Team events including 4 x 100m, a Swedish Relay (100m,200m,300m,400m), as well as Field Team events.

The 4x100m events are run as heats followed by finals, the Swedish Relays are run as timed finals only. Field teams receive points for each event and are all added together for a team total. Teams will receive Gold, Silver or Bronze Medals for the first three places. This event is held at the WA Athletics Stadium in Mt Claremont during December.

Joondalup Athletic Centre endeavours to enter as many teams as possible to represent our Centre and to enable teams to perform at a standard such that they will qualify for finals and place within the top three positions at this State Event.

In order to ensure a fair, objective and open process the following Selection Policy will apply:

### Selection Committee

The Selection Committee is responsible for the selection of Coaches and Training Squads. The Selection Committee will be responsible for all disputes and complaint resolution.

The Selection Committee will consist of three (3) members being:

1. Development Director
2. Centre President
3. Another person nominated by the Joondalup Athletic Centre Board. This person does not necessarily need to be a current Board Member, but is chosen on their knowledge and ability.

### Priority of Selection

- The Selection Committee will generally select Track Relay Squads/Teams before Field Relay Teams
- The Selection Committee will consider the overall potential performance of both Track and Field Teams, to make the most beneficial selection for the athletes and the centre.
- Team selection is made from a consideration of a multiple performance indicators including PB, average performance, and weekly placings.

## STATE RELAY TRAINING SQUAD / TEAM SELECTION

### Track

Ideally, selection will be after each age/gender has competed at least twice in each relevant relay event.

The track relay team/squad will consist of the top FIVE (5) athletes for that event\*\* (based on PBs, average performances, and weekly placings). Please note: The Selection Committee may choose to select the top FOUR (4) athletes ONLY with the fastest time, should they have multiple athletes across the two track events, whereby the reserve can be made from the alternate track race. eg: the Swedish Relay team may have a runner that is running the 400m, however is a reserve for the 100m (even if they are not in the top 5 for the 100m) and vice versa. This will be determined in consultation with times, number of runners across the two track teams and Coach knowledge.

The team/squad list will be given to the Joondalup Executive Officer. An offer to accept the team nomination will then be sent to parents/guardians. Once accepted this list will then be given to the relevant Coach, who will make contact to arrange training days/times.

\*\*Subject to consideration of their performance in the Field Relay Team

This offer will be made initially via email to confirm their acceptance and availability to both train with the squad and their availability to attend the State Track and Field Relay Championships.

### Track Team/Squad Reply

All athletes (or their parents/guardians) receiving offers for relay selection will be required to reply to this offer (either accept or decline).

Note: At the discretion of the Selection Committee, the '6th fastest athlete by time' may also be identified, and may be invited to train with the Track Relay Squad (eg due to the unavailability or injury of a top 5 squad member). If required, additional athletes may be added to the squad dependent upon consistent superior performance after relay team selection and at the discretion of the Selection Committee and relevant Coach.

Athletes can be removed from the Track Relay Squad if they display unsatisfactory behaviour, fail to attend training sessions or display markedly declining performance results.

Removal of an athlete from the Track Relay Squad will be voted by the Joondalup Athletic Centre Board, following the presentation by the Selection Committee. The athlete or an advocating adult will be invited to present their case to the Joondalup Athletic Centre Board prior to their voting.

### State Field Team Selection

Ideally, field team selection will be at least two to three weeks prior to the Athletics West State Relay Championships, allowing for the maximum amount of time for athletes to display optimum performances and aid in accurate selection.

## **APPOINTMENT OF COACH / MANAGER**

A Team Coach will be appointed by the Joondalup Development Director for both Track and Field Teams for each age group and gender.

Once a Coach / Manager has been selected, the Coach will determine training days and times for that team.

The Selection Committee reserves the right to change and/or remove an appointed Coach/Manager if it is determined to be in the best interests of the athletes and/or Centre.

## **STATE TRACK RELAY TRAINING SQUAD SELECTION**

By the State Track Relay Training Squad selection date, the Selection Committee will select a Training Squad for each track event for each age group and gender.

Each State Track Relay Training Squad will consist of the five (5) athletes.

In the event a Coach has not yet been appointed for a team, the Selection Committee will be responsible for establishing the initial training times until such time that a Coach is appointed.

If, after the State Track Relay Training Squad selection date (but before the State Track Relay Team selection date) an athlete who is not in the Training Squad records a time in the relevant track event at a Joondalup Centre meet that is one of the four (4) fastest times in the event for that season, the Coach can request the athlete be added to the Training Squad. If the Selection Committee believes adding the athlete will positively impact the performance of the team, they may choose to do so at their sole discretion. The Selection Committee has the discretion to add an athlete to the State Track Relay Training Squad if deemed in the best interests of the State Track Relay Training Squad.

The Selection Committee will NOT take into account any performances by an athlete at other competitions (eg school or Strive competitions).

All training sessions are compulsory.

## **State Track Relay Team Selection**

A separate team will be chosen for each Track event (4 x 100m & Swedish Relay) for each age group and gender. Athletes may be chosen for multiple track events. An athlete may not compete in both Track and Field Events (rule set out by Athletics West).

By the State Track Relay Team selection date, the Coach will select a Track Relay Team with a minimum of four (4) and maximum of five (5) athletes for each event. Athletes will be selected for the Track Relay Team on the basis of their PB time for each event as at the State Track Relay Team selection date, average weekly performance, weekly placings, baton changing ability, consistent training attendance, attitude and behaviour. If an athlete has only competed in the 100m, 200m or 400m once then this time will be taken as the average time.

**NOTE: As only four (4) runners compete in each event, selection in the team does not guarantee participation in an event on the day of the State Relay Championships. All athletes selected in the State Track Relay Team are considered FULL MEMBERS of the team. Selection of five (5) athletes will mean one team member will not run in each race that the team competes in and act as a reserve. It is possible that an athlete may not run in any event on the day of the Championships, however they are an important member of the team. Should the team medal on the day, then the reserve (non running athlete) will also receive a medal.**

The Coach will decide which members of the team will run in each leg of each race. They are permitted to seek advice from other relay Coaches or the Selection Committee as required. Parents are requested not to question a Coaches decision regarding their child's place in the team or the leg that they will be running at any time. Coaches in all sports have a very difficult job to perform and selection is one of the hardest. To ensure that a Coach can get the best out of the athletes they are working with, they must not have outside elements affecting their decision making. If a parent has any questions regarding relay team selections then they must contact the Joondalup Athletic Centre Board, who will then discuss their concerns with the Selection Committee.

Following Track Relay Team Selection all training sessions are compulsory. The Coach may, with the approval of the Selection Committee, replace an athlete with another member of the Track Relay Training Squad if attendance at training is unsatisfactory.

***Parents of selected athletes must understand that selection in the squad/team does not guarantee participation in an event on the day of the State Track and Field Relay Championships.***

## **STATE FIELD RELAY TEAM SELECTION**

Athletes in the U9 to U17 age groups may participate as follows:

- U9 Girls and Boys - Discus, Shotput, Long Jump and Turbo Javelin
- U10 Girls and Boys - Discus, Shotput, Long Jump and Turbo Javelin
- U11 Girls and Boys - Discus, Shotput, Long Jump and Triple Jump
- U12 Girls and Boys - Discus, Shotput, Long Jump and Triple Jump
- U13 Girls - Shotput, Javelin, Long Jump and Triple Jump
- U13 Boys - Discus, Shotput, Long Jump and Triple Jump
- U14 Girls and Boys - Shotput, Javelin, Long Jump and Triple Jump
- U15 Girls and Boys - Shotput, Javelin, Long Jump and Triple Jump
- U16/17 Girls - Shotput, Javelin, Long Jump and Triple Jump
- U16/17 Boys - Shotput, Discus, Long Jump and Triple Jump

Selection of athletes for the State Field Relay Team will be done by the Selection Committee. These athletes will be contacted via email and asked to accept/decline this offer.

Once the preliminary track team (5 members per team) has been selected, the Selection Committee will select a field team for each age group and gender.

The Selection Committee cannot select members who have already accepted a place in the Track Relay Squad.

A field team must consist of at least two (2) and not more than four (4) athletes. No athlete may participate in more than 2 of the 4 events in their age group. Athletes are not permitted to participate in both the Track and Field Relay Teams.

Athletes will be selected for the Field Relay Team on the basis of their best PB, average performance, and weekly placing for each event they are eligible to compete in.

In the event that the implement utilized in the throws for the U16 and U17 age groups are different weights/size a supplementary selection process shall be implemented to determine selection of the athlete in those specific events. The supplementary process shall consist of a selection trial for each specific throw event as required. The offer to trial shall be made to all athletes within the U16/17 age group for all required throw events at the completion of one full program of events. This should only impact the U16/17 boys in the Shotput and Discus events. The U16 and U17 boys are able to undertake a selection trial in the 5kg Shotput and 1.5kg Discus event. The trials shall consist of 4 throws for each event (1 practice and 3 measurable throws). The athlete with the furthest throw on the selection day shall be offered the chance to compete as part of the Field Relay Team.

Should there be no athlete compete in the trial, then the athlete with the furthest throw with the appropriate weight will be selected.

Please Note:- Should there be reduced numbers of athletes in the U16/17 age groups, then the Selection Committee has the ability to discuss the Track/Field Relay Selection Teams with the appropriate parties to ensure Joondalup Athletics Centre has the appropriate representation at the State Track and Field Relay Championships.

In the event the athlete with the 'best PB' declines participation in the Field Relay Team or they are already participating in the Field Relay Team in 2 other events the athlete with the next 'best PB' will be offered the position on the Field Relay Team. This process shall continue for each event until the team is full.

### **Changing a Team Selection**

If an athlete declines selection, becomes injured or sick, the Coach may, with the approval of the Selection Committee, replace the athlete with another member of the training squad.

### **Event Participation**

Once an athlete accepts selection into the team they are required to attend the State Track and Field Relay Championships to ensure teams are covered for last minute illness and injury.

As this is a Team based event, non-attendance on the competition day is grossly unfair to the other team members who may have to forfeit their place in the event. If an athlete does not attend the meet without extenuating circumstances agreed by the Selection Committee, the athlete will not be eligible for selection in any relay Team for the following season. In addition, the athlete will not be eligible for any Joondalup Athletic Centre end of season awards or trophies.

### **PARENTS OF SELECTED ATHLETES WILL BE REQUIRED TO FULFIL A ROSTER ON THE DAY**

#### **Uniform**

All athletes must compete in full Joondalup Athletic Centre Uniform consisting of:

- Joondalup Singlet or Polo Shirt
- Plain Black Shorts/Compression Garment (logo no bigger than a matchbox)
- Athlete Age and Registration Numbers

## Approved Footwear

Athletes in the U9 and U10 age groups are not permitted to wear spike shoes. Spike shoes with 'blanks' in them are also excluded from this competition.

Athletes in the U11 and U12 age group may wear spike shoes for the following events:

- 4 x 100m relay
- Long Jump
- Triple Jump
- Javelin

Athletes in the U12 to U17 age group may wear spike shoes for the following events:

- 4 x 100m relay
- Swedish Relay
- Long Jump
- Triple Jump
- Javelin