



STATE RELAYS SELECTION POLICY

Little Athletics Western Australian (LAWA) holds a State Track and Field Relay Championship each year, which is a competition between Centres from around the State. The Program includes Track Team events including 4 x 100m (U9-U17), 4 x 200m (U9 & U10 only) and 4 x 400m (U11 up) which may consist of heats and finals, as well as Field Team events. Teams will receive Gold, Silver and Bronze Medals for the first three places. This event is generally held at the WA Athletics Stadium in Floreat during December. Ridgewood Little Athletics Centre endeavours to enrol as many athletes 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. Centre Coach
2. Centre President
3. Another person nominated by the RLAC Executive Committee. This person does not necessarily need to be a current Committee Member but is chosen on their knowledge and ability.

State Track Relay Training Squad / Team Selection

The Selection Committee will determine three (3) Selection dates:

1. State Track Relay Training Squad Selection Date – Ideally this date will be after each age / gender has competed at least twice in each relevant relay event.
2. State Field Team Selection Date – Ideally this date will be after completion of two full programs at RLAC and two to three weeks prior to the LAWA State Relay Championships.
3. State Track Relay Team Selection Date – Ideally this date will be two to three weeks prior to the LAWA State Relay Championships.

All selection dates shall be publicised on the Ridgewood LAC website.

Appointment of Coach / Manager

A Team Coach / Manager will be appointed by the Selection Committee for both Track & Field teams for each age group and gender.

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

The Selection Committee reserves the right to change and/or remove an appointed coach if it is determined to be in the best interests of the athletes / 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 four (4) athletes with the fastest PBs for each track event. In the circumstance that the same four athletes are selected for both track events, or if an athlete declines Squad Selection, the Selection Committee may, at their discretion, add the Athlete with the next fastest PB to ensure each team has at least one reserve.

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 State Track Relay Training Squad records a time in the relevant track event at an RLAC meet that is one of the four (4) fastest PB's in the event for that season, the Coach can request the Athlete be added to the 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.

All training sessions are compulsory.

State Track Relay Team Selection

A separate team will be chosen for each Track event (4 x 100m, 4 x 200m, 4 x 400m) for each age group and gender. Athletes may be chosen for multiple track events. An athlete may not compete in both Track Events and Field events.

By the State Track Relay Team Selection Date, the Team Coach will select a Track Relay Team of Minimum four (4) and maximum five (5) Athletes for each event. Athletes will be selected for the Track Relay Team on the basis of the 'best PB' for each event as at the State Track Relay Team Selection Date, baton changing ability, consistent training attendance, consistent participation in weekly RLAC Meets, attitude and behaviour.

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 LAWA 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. The Team Coach will decide which members of the team will run in each leg of each race. It is possible that an athlete may not run in any events on the day of the Meet, however they are an important member of the team.

Following Track Relay Team Selection all training sessions are compulsory. The Team 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.

State Field Team Selection

The Selection Committee will select a Field Team for each age group and gender by the Field Team Selection Date. A Field Team must consist of at least 2, and not more than 4 athletes. No athlete may participate in more than 2 of the 4 events in the Field Relay. No athlete may participate in both the Track and Field teams.

Athletes will be selected for the Field Team on the basis of the 'best PB' for each event as at the Field Team Selection Date.

In the event that the implement utilised in the throws for the combined U16 & 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 throws event as required. The offer to trial shall be made to all athletes within the U16 and U17 age groups for all required throw events at the completion of one full program of events. The trials shall be held as soon as practicable following the completion of one full program of events to ensure timely selection of the Field Relay Team in order to enable timely selection of athletes for the Track Relay Training Squad. The trials shall consist of 4 throws for each event: 1 practice (not measured) and 3 eligible throws (measured). The athlete with the farthest throw on the day shall be selected to participate on the RLAC Field Relay Team for that specific event.

In the event the athlete with the 'best PB' declines participation in the Field Team or they are already participating on the Field Team in two other events the athlete with the next best PB will be offered the position on the Field 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 Team 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 LAWA State Relay Championship to ensure teams are covered for last minute illness and injury.

This is a Team event, and non-attendance on meet 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 RLAC end of season Awards as well as all related Club Awards including Trophies.

Parents of selected Athletes will be required to fulfil Roster Duties on Meet day.

Uniform & Spike Shoes

All Athletes must compete in full Ridgewood Centre Uniform consisting of:

- RW Singlet,
- RW Shorts,
- Athlete Numbers,

- Age and
- Sponsor badges.

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

- 4 x 100m relay,
- long jump,
- triple jump,
- high jump and
- javelin.

Athletes in the U13-U17 age group may wear spike shoes for:

- 4 x 100m relay,
- 4 x 400m relay,
- long jump,
- triple jump,
- high jump and
- javelin.