



State Relay Championships February 10th, 2024

State Relay Entry Instructions:

The State Relay Championships this year will once again include a 4 x 100m (U8-U15), 4 x 200m (U9-U15), Swedish Relay (U9-U15) and Field Relay (U8-U15). U6 and U7 athletes will be able to compete in an “Invitational Shuttle Relay” and Long Jump. Instructions for entering the LA Tas State Relay Championships along with some event details are listed below.

LA Tas State Relay Championships:

- Athletes enter using their [ResultsHQ Family portal](#). Athletes should select all events that they wish to compete in. You should receive a confirmation email once your registration is complete. If you do not receive a confirmation email, please contact the Little Athletics Tasmania office (z.patmore@taslittleathletics.com.au or office@taslittleathletics.com.au) for assistance.
- Online entries close at 11:59pm on Sunday 4th February 2024 and as this is a Championship event, **NO** late entries will be accepted (unless late entries are requested).
- Under 9-15 athletes will be able to compete in 4 events across the day with the first event beginning at 10:00am Saturday 10th.
- Under 8 athletes will be able to compete in 2 events and Under 6-7 athletes will be able to compete in 2 “Invitational” events.
- Entry fee is **\$25.00** per U9-U15 athlete, **\$15.00** per U8 athlete and ALL U6-U7 athletes are **FREE**. Entry fee is payable online when completing the online registration process. If your centre cannot place you in a team LA Tas will endeavour to place you into a “Combined Team”.

4 x 100m (U8-U15), 4 x 200m (U9-U15) and Swedish Relay (U9-U15):

- 4 x 100m: Each athlete will run 100m.
- 4 x 200m: Each athlete will run 200m.
- Swedish Relay: will have 4 athletes running different distances in the following order: **Athlete 1** = 100m, **Athlete 2** = 300m, **Athlete 3** = 200m and **Athlete 4** = 400m.
- After athletes have nominated, Centres will nominate teams via ResultsHQ utilising all current nominations for their centre. To assist your centre in making their teams, please nominate as early as possible as a lot of volunteer hours go into arranging these teams.
- Relay Teams are to consist of 4 (minimum) to 5 (maximum) athletes from the same age group/gender. Teams are to be arranged by your Centre’s Delegate. If a Centre does not have enough athletes for a full team, the Centre may bring an athlete up from the age/gender group below to form a Composite Team. If a Composite Team cannot be formed by your Centre LA Tas will endeavour to place you in a Combined Team with athletes from another centre.
- Relay Teams can run in any order and can be changed at any time.
- If a Relay Team requires a replacement athlete due to injury or illness, it is the Centre’s responsibility to arrange this replacement. The Centre will need to verify the replacement athlete with LA Tas. The replacement athlete may be an athlete from your centre in another team, a Composite or Combined team.
- Centre teams will always take priority.

Field Relay U8-U15:

- Field Relay consists of 4 Field events where 1 athlete from your team competes in one of the four field events each. The four events are: Long Jump, Discus, Shot Put and Turbo/Javelin.
- After athletes have nominated, Centres will nominate teams via ResultsHQ utilising all current nominations for their centre. To assist your centre in making their teams, please nominate as early as possible as a lot of volunteer hours go into arranging these teams.
- Relay Teams are to consist of 4 (minimum) to 5 (maximum) athletes from the same age group/gender. Teams are to be arranged by your Centre's Delegate. If a Centre does not have enough athletes for a full team, the Centre may bring an athlete up from the age/gender group below to form a Composite Team, however an U10 cannot be chosen for Javelin, an U8 cannot be chosen for Shot Put. If a Composite Team cannot be formed by your Centre LA Tas will endeavour to place you in a Combined Team with athletes from another Centre.
- Centres are required to notify LA Tas of which athletes are competing in which event so they can be placed into ResultsHQ for recording. Centres will be sent a Field Relay Team form to complete.
- If a Relay Team requires a replacement athlete due to injury or illness, it is the Centre's responsibility to arrange this replacement. The Centre will need to verify the replacement athlete with LA Tas. The replacement athlete may be an athlete from your centre in another team, a Composite or Combined team. Centre teams always take priority.
- The result of the relay event will be determined by each athlete's finishing position in each of their relay legs i.e. athlete 1 (Long Jump) finishes 4th, athlete 2 (Discus) finishes 3rd, athlete 3 (Shot Put) finishes 6th, Athlete 4 (Javelin) finishes 2nd. The total team score is 4+3+6+2=15. Teams will be ranked from lowest score to highest with the lowest rank score being the winning team.
- If there is a tie for an event after countback the athletes involved in the tie will receive the same points, e.g. Sam and Bill tie for 2nd, they both receive 2 points towards their teams tally.
- If there is a tie for overall team position after all 4 events, the team with the greater distances of results will be declared as finishing higher.

Field Relay Points Table	
Finishing Position	Points
1 st	1
2 nd	2
3 rd	3
4 th	4
5 th	5
6 th	6
7 th	7
8 th	8
9 th	9
10 th or above	10
DQ, DNF, DNS or fouled out	1 more than amount in competition

Additional Athletes:

- Centres will notify LA Tas if they have any additional athletes or not enough athletes to fill a team by placing these athletes in an incomplete team in ResultsHQ. Centres will also notify you, that you will be an additional athlete and LA Tas will endeavour to place you in a Combined Team.
- LA Tas will endeavour to place you in a "Combined Team" with athletes from other Centres.

- LA Tas will confirm whether a Combined Team is available for you as soon as ALL Additional Athlete entries are lodged.
- If you are allocated into a team, it is essential that you turn up if you are placed into a team as non-attendance may mean that other athletes will miss out.

Questions:

- Any questions about entries can be directed to Zane Patmore on 0407 056 128 or email z.patmore@taslittleathletics.com.au