

State Relay Championships – Procedures and Tips

The basic procedure for events will be as follows:

1. When called to marshal for track relays, athletes should head to the “Call Room” which will be the large 6m x 3m marquee located between the finish line and the main gate.
2. At the Call Room, athletes will be seated according to their lane and which leg they are running. The Call Room Manager will brief the athletes, remind them of the rules and answer any questions they have. They will then be handed a laminated card with their lane number to ensure that they line up in the correct lane.
3. The “Relay Escorts” will then lead the athletes to their various starting points and hand the athletes over to the “Change Marshals”. Relay Escorts then return to the Call Room to collect the next batch of athletes (note 2 relay escorts have been rostered for all changes apart from the finish line so they can alternate taking athletes and not have to rush back and forth).
4. The Change Marshals will bring the athletes onto the track when it is time to do so and then collect their laminated lane markers to ensure that they have been placed in the correct lane.
5. The Chief Umpire at each change will signal with a White Flag to the Track Referee when their change is ready to go.
6. Once the Track Referee is happy that all changes are ready, they will give all clear to the Starters to start the race.
7. Bend and Crossover Umpires will have a White and Yellow flag. They should raise the white if everything is ok and the yellow if there is a breach or anything they need to raise with the Referee. The referee will acknowledge the flag by waving the same colour flag back.
8. The Chief Umpire will also have white and yellow flags and will do the same thing after each change to signify if it is “all clear” or not (they also have assistant Umpires watching on).
9. If there is a yellow flag from any umpire(s), the Track Referee will come to the Umpire(s) at the end of the race to discuss and will determine if a disqualification is required. Note that only the referee can make the decision whether to disqualify or not.
10. Field events will marshal in the “usual” field event marshalling area and then proceed as a “usual” field event.
11. Presentations will be made as soon as possible after each event (allowing for 15 minutes for any appeals). In some instances where we need to get athletes from Track to Field relays or vice-versa, we may need to delay presentation of an event until the second event is complete.

TIPS FOR ATHLETES/OFFICIALS:

4 x 100m

- The race is run entirely in lanes (ie no “crossover”).
- The first runners start at the staggered 400m start lines.
- At each change there is a 30m Change Area. Athletes receiving batons must start within this area and receive the baton before leaving this area.
- After passing the baton to the next athlete, athletes should remain in their lane until told by the Umpire that it is safe to move off the track.
- Athletes may place tape markers on the track if they wish to do so.

4 x 200m

- The first runners start at the staggered 4 x 200m start lines.
- The first two athletes run their legs entirely in their lanes and pass the baton to the next athlete in the 30m change zones.
- The third runner runs in their lane until they cross the 800m crossover in the back straight when they can then carefully start crossing over towards lane 1 (we suggest having an athlete that is familiar with the 800m crossover procedure run this leg).
- The fourth runners will be placed on inside lanes of the track by the Umpire based on the position of teams at the second change. These runners are free to run on the inside lane (just like a distance event) but must be careful not to interfere with other runners. They must also receive the baton in the change zone.
- The first and second runners should remain in their lanes after passing the baton until told it is safe to exit the track. The third runners should move off the track immediately after passing the baton if safe to do so without interfering with another team (if in doubt they should remain stationary until they are sure it is safe to exit).
- Athletes may place tape markers on the track if they wish to do so.

Swedish Relay

- The order of runners is 100m – 300m – 200m – 400m.
- The first runner will start at the 200m staggered start lines and will run their leg entirely in their lane.
- The second runner must start and receive the baton within the 30m change zone near the 100m start. After exiting their change zone, this runner can carefully start crossing over towards the inside lane(s).
- The third (who will be at the 200m start area) and fourth (who will be at the finish line area) runners will be placed on inside lanes of the track by the Umpire based on the position of teams at the first/second change respectively. These runners are free to run on the inside lane (just like a distance event) but must be careful not to interfere with other runners. They must also receive the baton in the change zone.
- The first runner should remain in their lane after passing the baton until told it is safe to exit the track. The second and third runners should move off the track

immediately after passing the baton if safe to do so without interfering with another team (if in doubt they should remain stationary until they are sure it is safe to exit).

- Athletes may place tape markers on the track if they wish to do so.

Dropped Baton Procedure

- If your team drops the baton, the athlete that dropped the baton must be the one to retrieve the baton.
- If running in lanes at the time and the baton falls outside your lane, you can move outside your lane to retrieve it provided that you do not interfere with another team. If another team is about to run past, you must wait until they have passed before retrieving the baton.
- If you drop the baton into a lane inside yours or onto the inside of the track while on a bend, you must, after retrieving the baton, return to your lane at the point you exited your lane before recommencing your race (again ensuring that you don't interfere with another team).

Disqualifications

Unfortunately, due to the technical nature of the event, disqualifications do occur in Relays more often than other events. Athletes will always be given the benefit of the doubt but being a Championship event, teams will be disqualified if a rule has been clearly breached. Athletes should try not to be disheartened if their team is disqualified as the best athletes in the world train for years and often still get disqualified at Olympics and World Championships etc. Some of the reasons a team may be disqualified include (this is not a comprehensive list):

- Passing the baton outside the 30m change areas.
- Throwing the baton to a teammate (batons must be passed from hand to hand).
- Athletes whilst required to be in their own lane, crossing inside their lane on a bend (note that the line itself is "out" so running on your inside line on a bend will result in disqualification).
- Athletes whilst required to be in their own lane, crossing to an outside lane (or an inside lane on a straight) AND interfering with another team (if there is no interference then this is not a disqualification).
- Athletes crossing over towards the inside lanes before the designated crossover mark.
- Once an event has crossed over to the inside lanes, any deliberate interference with another team (similar to distance races – eg moving across to block a runner attempting to overtake you).
- Interference with another team after passing the baton to a teammate (eg walking across the track and blocking the incoming runner).
- 3 False starts (note it is 3 for relays instead of the "normal" 2).

Appeals

Disqualifications do unfortunately happen more often in relays than any other event. In all cases of disqualification, the referee will always consider all information available to him/her carefully before making the decision on whether to disqualify a team or not and will always give the benefit of the doubt to the athlete. It is a natural instinct for parents/officials of disqualified teams to want to appeal a disqualification. ***We do ask all parents/officials to carefully consider whether they wish to appeal a decision – if you believe that a genuine error has been made then please proceed with the appeal. If however your appeal is more based on disappointment rather than an error being made we ask that you reconsider whether an appeal is really warranted.***

Please note that photo/video evidence is not used for appeals.

The Protest procedure as written in our Rules of Competition is as follows:

Notice of Protest shall in the first instant be made verbally to the announcer. The written application must then be presented within 15 minutes of the posting or announcing of the result at the completion of the event. This application must be signed by a responsible Centre Official and must be accompanied by a \$50.00 fee. Each protest must include the name of the event upon which the protest is lodged and indicate the names of all involved in the incident. The relevant rule under which the protest is to be investigated must be stated. This should then be referred to the protest committee chairperson who will decide if a formal protest committee will be called to deal with the protest. The fee may be forfeited if the protest is dismissed.