

## LANSW State Relay Information – Season 2018 - 2019

The State Relay Championships is the largest event on the LANSW calendar. The championships are comprised entirely of relay events, both track and field, with either three (field) or four (track) athletes competing in each relay event. This year the Championships will take place on Saturday, 17 November 2018 (U8-U11) and Sunday, 18 November 2018 (U12-U17) at the Athletics Centre, SOPAC, Homebush.

The relay teams will be chosen by the IWLAC Championship Committee in consultation with each of the Age Managers. The aim is to select the most competitive teams that we can, whilst giving as many of our athletes as possible the opportunity to compete at SOPAC. Selections will take into account athlete rankings, consistency of performance and regularity of attendance on Friday night competitions and this is likely to be based on the information available after the club competition on **Friday 19 October 2018**.

Please see below for details on relay teams. More information will be given as it becomes available.

**Athletes who have been successful in selection will be notified on Friday 2nd November 2018**

### Track Relays

<b>SECTION 1</b>	U8 to U17	4 x 100m Boys & Girls
<b>SECTION 3</b>	U8 & U9	4 x 200m Mixed (2 boys/2 girls)
	U10 to U17	4 x 400m Mixed (2 boys/2 girls)
	U8 to U11	4 x Middle Distance Boys & Girls
	U12 to U15	4 x Middle Distance Boys & Girls

### Field Relays **Centres may enter up to 2 teams in each field relay**

U8 to U10	Jumps Relay: Long Jump Boys & Girls <i>(3 athletes performing long jump per team)</i>
U8 to U10	Throws Relay: Discus/Shot Boys & Girls <i>(2 athletes performing discus &amp; 1 athlete performing shot put)</i>
U11 to U17	Jumps Relay: Long/High/Triple Boys & Girls <i>(1 athlete performing each discipline per team)</i>
U11 to U17	Throws Relay: Shot/Discus/Javelin Boys & Girls <i>(1 athlete performing each discipline per team)</i>

# LANSW STATE RELAYS 2018 NOMINATION FORM

**DATES:** Under 8 – Under 11 Saturday 17 November 2018

Under 12 – Under 17 Sunday 18 November 2018

**LOCATION:** Sydney Olympic Park, Athletic Centre

**Dear Parents/ Guardian,**

If your child is interested in representing Inner West at the NSW Little Athletics State Relays, please complete the form below and return it to your age manager or to the State relay tub in the club room by **Friday 19th October 2018**

**Before completing the form, please check that your child is available on the event date above.**

Both track and field relays are contested on the same day and all registered club members from Under 8 to Under 17 are eligible to nominate for a place on the team. Selection will be based on performance in an event and teams will be decided based on the overall performance of 4 athletes in an event.

Athletes in U8-U11 may only compete in either track or field relays (not both). U12-U17 may compete in both track and field relays.

One parent per team will be required to act as the team manager for that particular relay team.

All athletes will be notified of team selection and team manager details by **Friday 2nd November 2018**

**Please note that ALL Athletes at the State Relays must be accompanied by an adult who will be required to assist with a rostered duty on the day.**

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**ATHLETES NAME**

**AGE GROUP**

**REGO No**  
\_\_\_\_\_

This confirms that the above athlete is available to compete at the **2018 NSW Little Athletics State Relays.**

EVENT	Tick box to Nominate	Relay Selection Information
4 x 100m Relay		Nomination available to all U8-U17 athletes. 4 athletes are selected per age group
4 x 200m Mixed Relay		Nominations available to U8 and U9 Athletes only 2 boy and 2 girl athletes are selected per age group.
4 x 400m Mixed Relay		Nominations available for U10 – U17 athletes 2 boy and 2 girl athletes are selected per age group
4 x Middle Distance Relay U8 = 700m U9-U15 = 800m		Nomination available for athletes U8 – U11 & U12 – U15 Only one athlete per age group per gender is selected for this event. Athletes selected in this event cannot compete in the 200m or 400m relay as well.
Long Jump		Nomination available for U8 - U10 athletes 3 athletes are selected per age group per gender
Long / High / Triple Jump		Nomination available for U11-U17 athletes 1 athlete performing each discipline per team
Throws Shot / Discus		Nomination available for U8-U10 athletes 2 athletes performing Discus & 1 athlete performing Shot Put
Throws Shot / Discus / Javelin		Nominations available for U11 – U17 athletes 1 athlete performing each discipline per team

**Contact Name** \_\_\_\_\_

**Email** \_\_\_\_\_

**Mobile** \_\_\_\_\_

I am willing to act as a team manager for my child's particular team **Yes / No (please circle one)**

I understand that an adult must be in attendance at the carnival and willing to do a rostered duty.

**Signed** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent / Guardian**