

RELAY SELECTION GUIDELINES

GENERAL.

1. It is the responsibility of the selectors to pick teams which are in the best interests of most athletes and for Australia. There is no obligation to pick a team of 'all stars' where such a selection may severely limit the performance of another team(s) or where it may force the omission of another team(s)
2. The relay selection committee can approach athletes at the meet and ask them to compete even if they have not nominated prior
3. Performance at the meet will be the main indicator for selection, but proven past performances may also be considered
4. A runner's experience (or lack thereof) will be a considered factor in selection
5. A runner does not have to compete in either the 100m or 400m at the meet to be selected however any performance at the meet will be a strong factor for inclusion
6. The relay selection committee will endeavour to provide an opportunity for as many nominees as possible to compete in a team
7. Runners, in the main, will be chosen from their own age group, however, there may be circumstances where it may be deemed appropriate to select an athlete(s) from an older age group
8. Reserves are to be named for each relay team where possible
9. A relay team captain will be named for each team. This person will have the responsibility of organising the team in addition to any relay practice
10. In the event of a disputed team selection, the relay selection committee will reconvene to take into consideration the facts brought to their attention

4x100 METRES

1. Each change zone is **now 30 metres** and there is currently no run-in zone
2. The **starting runner** should hold the baton in the right hand and then pass to the left hand of the 2nd runner. That runner then passes to the right hand of the 3rd runner who passes it to the left hand of the 4th runner. This means that both bends will be run with the baton in the right hand
3. Outgoing athlete should stand just inside the incoming hook and not well into the zone when waiting for the incoming runner
4. The outgoing runner should accelerate fast through the sector
5. The going athlete must stand within the 30m change zone when waiting for the incoming runner and at no time can put any part of the foot outside the zone

6. The baton must be changed within the 2 hooks designated for each of 3 of the change zones
7. The preferred change method for all Australian athletes is the **push pass (directly forward and down)**
8. The baton must be inside the change zone before being passed on
9. If a baton is dropped, then the athlete who dropped it must retrieve it and move back into the change zone prior to passing it to the outgoing runner
10. Runners should apply some tape on the track, so as to determine when to start running as the incoming runner approaches (the standard distance is 22 shoe steps if the runner is the same speed and is adjusted accordingly to allow for the different speeds and ability of each runner)
11. The best 4x runners available are to be selected along with reserves
12. If possible the runners should be selected as follows:
 - a) The 1st runner should be the best starter or at least a good bend runner
 - b) The 1st runner may be the most inexperienced or slowest due to the fact that it can be the shortest leg and one doesn't have to receive a baton
 - c) The fastest runner should be in position 2 or 3 as these are the longest legs
 - d) The most experienced runners will normally be chosen in 2 or 3 as they have to both receive and give the baton
 - e) 200m runners will often be chosen in position 2 or 3 due to the longer leg or the ability to run well around the bend
 - f) The 4th runner will be fast, but more importantly not be affected by pressure
 - g) Every attempt will be made to match the speed of the incoming and outgoing runners as much as possible.
 - h) The 2nd and 4th runners will receive the baton in their left hand and runners who do not feel comfortable with that should be chosen elsewhere if possible

4x400 METRES

1. Each change zone is 20 metres
2. No part of the athlete's foot can be outside the designated change zone prior to taking the baton. The athlete must stand within the 20 metre zone
3. The baton must be changed within the 20 metre change zone
4. Runners should stand near the beginning of the change zone
5. Runners will **face in towards the inside of the field** when receiving the baton
6. The outgoing runner should extend the left arm/hand and will begin to move as the incoming runner approaches
7. The outgoing runner should always remain looking at the incoming runner (so as not to run away from a tired incoming runner)

8. It is the responsibility of the receiver to take the baton
9. The incoming runner should hold out the baton out in front in a vertical position to make it easier for the receiver to secure the baton
10. On receipt of the baton the outgoing runner will immediately change it to the right hand
11. The 3rd & 4th runners will be told the position in line to stand by the track official for that change zone. That position will be determined by the official in the order of the race as each team goes past the 200m mark
12. The runner when placed in position must never change that position even if the incoming runners change places during the last 200 metres leading in to the change
13. The best 4x runners available are to be selected along with reserves

If possible runners should be selected as follows:

- a) The 1st runner should be experienced enough to be able to run the 400metres in a lane without the familiarity of runners around the athlete (due to the extended change zones)
- b) The 1st runner is usually one of the better runners
- c) The 2nd runner is often a 800m runner or an experienced athlete who is comfortable changing from the designated lanes to no lanes at the 500m mark
- d) The 2nd or 3rd runner will often be the slowest runner
- e) The 4th runner is usually the fastest, most experienced and determined runner

Thank you to Peter Crombie for the Guidelines
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