



2015 Victorian Track Relay Championships

When: Saturday 28 November, 2015

Where: Lakeside Stadium, Aughtie Drive Albert Park, Vic, 3206 (Melway Ref: 2K D7)

Car Parking: Ticketed parking can be found in the car park along Aughtie Drive and also Albert Rd.

Entries Close: 11:59pm Sunday 15 November, 2015. No late or on day entries will be available. If you are experiencing problems entering please contact Athletics Victoria via summer@athsvic.org.au or on 8646 4500 before the closing deadline.

Athlete Eligibility: Athletes must be registered AV members by **11:59pm Wednesday 25 November, 2015** to be eligible to compete in this relays event. All athletes will be checked off prior to the start of each race to ensure they are 2015/16 Athletics Victoria registered members.

Team Check-In: Team Check-In will be located in the Competition Directors room, located upstairs in the main grandstand. Team Managers may send their Check-In form into AV no later than midnight Wednesday 25 November. This will then mean that their team has 'Checked-In'.

Teams must be checked in no later than 90mins prior to the first round of their event. Any team that does not check in by this time will be scratched from the event.

Should any team run any athletes in a different order to what was signed and submitted on their team sheet will be disqualified from that race.

If you believe you will be running late for check-in, please call AV on 0474 479 413.

Provisional Timetable: The provisional timetable can be downloaded [here](#).

Age Group: Age is taken from 31 December, 2015. Please see the table below for age groups.

Age Group	Year of Birth
Under 14	2002, 2003, 2004
Under 16	2000, 2001
Under 18	1999, 1998
Open	1997+
40+	1966-1975

50+	1965+
-----	-------

Please note: Overage athlete's age group will be taken from the day of competition 28 November, 2015.

Athletes wishing to compete in different age groups must follow the below rules:

- No athlete can compete in a lower age group than they are eligible for e.g. (U16 cannot run in an U14 event).
- A junior athlete U14 – U18 may compete in their age group as well as the open age group e.g. (U14 can compete in the U14 4x100 and the Open 4x100).
- A junior athlete U14 – U18 cannot compete in the same event in two junior age groups e.g. (U14 cannot compete in U14 4x100 and the U16 4x100).
- A junior athlete can compete in two different junior age groups in two different events e.g. (U14 4x100 and an U16 4x400).
-

Masters Age Group Rules:

- Relays will be conducted in 10 year age brackets (eg 40-49, 50-59)
- Age is taken from first day of competition – 28 November 2015.
- Can only compete **once** in a particular type of relay eg 4x100m.
- To form a team an athlete can move down to a younger age group but not up.
- The age bracket of the team is determined by the **youngest** member of the team.
- An athlete can compete in a different age bracket in a different type of relay.
- Teams can run in any order.
- All teams must wear their Club uniform and be either a registered financial member of AV or VMA on the day of competition.
- To set Masters Records all members of a team must be a VMA member.

Eligibility of Teams: Athletes can only compete in their gender specific teams. There are strictly no mixed gender races or teams allowed.

Competing athletes must represent their first claim club in all Championship events except in the special case of the Victorian Track Relay Championships. In the Victorian Track Relay Championships, an athlete affiliated first claim with a country club may compete with another team for which they are an affiliated second claim member provided that:

- a) The athlete has an official letter from their first claim club giving permission for the athlete to compete.
- b) The athlete has previously competed for the second claim club on at least three occasions in the season in which the Championships are held.



Athletes qualifying under Rule 5.3 must wear the official registered uniform of their first claim summer club, with their current bib numbers, as supplied by Athletics Victoria, securely fixed at the four corners to their competition uniform. They shall be worn visibly on the breast and back.

Substitutions: Up until 30 minutes before the scheduled starting time of the event, changes will be accepted to the running order. No changes will be accepted after this time without a medical certificate to prove an athlete cannot compete. If the appropriate medical certificate is supplied an athlete can be substituted, but there can be no change to the running order. Once a relay team has started in a competition, only two athlete substitutes may be used in the composition of the team for subsequent rounds.

A 'Close of Substitution' timetable will be located at Check-In. Once the event has been crossed out on this timetable, no changes will be made.

Uniform & Bibs: All athletes competing at the 2015 Victorian Relay Championships must wear their current club uniform and current 2015/16 Athletics Victoria bib numbers. If you forget your bib please go to the administration area to receive a new one. All athletes must compete in AV bibs.

Call Room: A Call Room will be in place for the 4x100m relays (Heats and Finals). This will be located on the infield of Lakeside Stadium. All athletes must marshal at this point no later than 15mins prior to their event. For all other relay events athletes must marshal at their changeover points no later than 15mins prior to their event.

Straight Finals: In the situation where enough scratching's can cause events to no longer require heats, the final will be held at the **final time**. These announcements will be made **60 minutes** prior to the event start time to allow Team Managers time to substitute athletes if need be.

Spikes:

At Lakeside Stadium, Albert Park: The part which projects from the sole or heel must not exceed 7mm for track events. Conical, Pyramid and Christmas tree (compression tier) spikes are permitted. Needle or pin spikes are not permitted.

Event Scheduling: Athletics Victoria will conduct a scheduled championship event where one or more entries have been received, but reserve the right to combine the event with similar events on the same program. If less than four competitors report on the day for an event, the Manager of the meeting may, after consulting with the athletes concerned, combine the event with a similar event being conducted on the same day. Separate medallions will be awarded in all cases where events have been combined.

Protests: Any protest regarding the competition, shall in the first instance be made orally to the appropriate referee by the athlete or by a person acting on his/her behalf, within 30 minutes of the official

announcement of the result. The referee may decide on the protest or may refer the matter to the Jury of Appeal. If the referee makes a decision, the athlete may appeal to the Jury of Appeal within 30 minutes of the Referee's decision. The appeal must be in writing, on the appropriate form signed by the athlete or a responsible official on behalf of the athlete and submitted to the Competition Secretary/Administration Manager. The protest must be accompanied by a deposit of \$50 which will be forfeited if the protest is not upheld (IAAF Rule 146). Protest forms are available from Administration.

Medals: Medallions will be presented to competitors placed first, second and third. Victorian Championship medallions shall be reserved for the best three placed Victorian competitors. Invitation medals will be awarded if a non-Victorian places in the top three.

Records: Athletes wishing to claim records should:

1. Obtain a record application form from Administration.
2. Ensure that all sections have been signed by the appropriate officials.
3. Lodge the completed form with the Competition Secretary in Administration.

Additional Rules for Track & Field:

Any athlete who fails to make a start or trial in any of the scheduled events of the competition shall not be permitted to take part in subsequent events, and shall be considered to have abandoned the competition. The athlete in this case shall not figure in the final place classifications.

Physio Health: Physio Health will be in attendance for these championships. They will be located next to the main grandstand in front of the VIS building. This is a free service and will be on a first come first serve basis. Please go and visit the friendly team and learn more about their athlete screening programs and high performance athlete development.

Relay cut in points:

- Medley Relay: The third athlete who will be completing the 400m leg will be eligible to cut in at the 100m point of their leg (at the 1500m start point) please look for cones.
- 4x800m: The first athlete will be able to cut in at the 100m point (1500m start point) please look for cones.
- 4x400m: The second athlete will be able to cut in at the 100m point (1500m start point) please look for cones.
- 4x1500m: This race will not have a cut in point.
- 4x100m: Athletes will all stay in their lanes for this event, with no cut in point.

Athletics Victoria Contact Information:



For any other information or queries in regards to the 2015 Victorian Relay Championships please contact Ross Cunningham, Travis Poznachowski or Toby Jedwab at summer@athsvic.org.au.