

# Ryde Relays – 21<sup>st</sup> November 2020

This event gives athletes an opportunity to participate in teams events, learn relay skills and have fun!

## How to form teams

- Sign-up sheets will be posted near the canteen area on the 7<sup>th</sup> and 14<sup>th</sup> November.
- Athletes can determine their own teams, but can seek help from age managers and parents if needed.
- Each team will compete in 4 events on the day. Once teams are created it's the same team for all relay events.
- Athletes will form teams of 4\* within their age group\*\*. Boys and girls compete together. Mixed teams are encouraged to even out the competition.
- For field events involving multiple disciplines, the teams will be split as follows:
  - 2 x shot-put and 2 x discus
  - 2 x long jump, 2 x high jump (U9 – U10)
  - 2 x long jump, 1 x triple, 1 x high jump (U11 – U17)
  - For Tots – U8, all team members (up to a maximum of 4) will do 4 x long jump

\* Note that if there aren't 4 team members in a team, athletes may be required to do 2 field events or run 2 legs of a relay.

\*\* If there are insufficient numbers to form a team within an age group, an athlete can run up an age group or parents or age managers of that group can also compete. This is a fun event.

## What to do on the day

- Athletes meet their age managers at their first event (refer to program)
- Age managers will mark each athlete with a sharpie on the leg with their team number (A, B, C, etc..).
- Results will be recorded as a team. No registration numbers will be used.
- There will be NO POINTS and NO RECORDS.

## Rules of competition

- For all long jump, triple jump, shot put and discus events, only 2 attempts will be given and best of 2 will be recorded. Custom-recording sheets will be provided to age managers on the day.
- If an athlete fouls both jumps, they will be given additional jumps until they record 1 jump. This jump will be recorded and athlete will not have an additional attempt.
- High jump – same rules as regular competition.
- Be patient, share the track and field and equipment as needed and be courteous.

## Officials & Age Managers

- 2 marshals at each changeover (8 in total and 1 walkie at change 1,2, 3 & starter)
- Normal number of volunteers needed at track and field events.
- 2 starters needed (circular and shuttle)
- Timing solutions will NOT be used.

## Recording of Results & Determining Winners

- Although recorders and helpers will be at each event, age managers will be asked to collect results using customs-results sheets which will be provided to them on the day.
- For jumps, age manager will add up the combined distance for each team (eg add up the distance for long jump, triple (if applicable) & high jump (if applicable)). The total distance is calculated for each team, with the winner being the team with the highest distance recorded. This is similar to how throws is calculated.
- For sprint and distance events, times will be recorded as per usual. Winner for sprints and winner for distance will be determined based on fastest time for that event.
- Age managers will be given ribbons at the start of the day, for them to distribute to teams.