

# Nordic Sport South East Regional Relays, Sun 12 Nov 23



## Nominate and be part of Team Balmoral 2023!

### Join Team Balmoral and let's make 2023 our biggest relay team yet!

The upcoming Regional Relays is a fantastic day of competition where our athletes (U7 to U17) get to compete as a team in various track and field events (long jump, high jump, discus or shot put). Our Balmoral teams compete against teams from other little athletics centres.

Track teams comprise four athletes, and field teams comprise the total of nominated athletes for that age groups' event.

Athletes can nominate to participate in up to five events. Nomination forms show what events are available for your child's age group. Best of all entry is free!

For U9 to U17 teams who place first, second and third in a track event, or place first or second at a field event, they qualify to compete at the **McDonald's State Relay Championships**. This event will be held on Saturday, 2 December 2023 at the SAF, Nathan.

**If your athlete is interested, please nominate, we'd love for them to be part of this year's team! For more information about the Relays, how it works and how to nominate, please see the following FAQs.**

**Sunday, 12 November 2023**

**Sheldon College**

43-77 Taylor Rd, Sheldon

**Events start from 8.00am**

The Event Program will be published on [www.laq.org.au](http://www.laq.org.au) as soon as it's available.

**Open to U7 to U17**



**Nominations  
close Wed 18 Oct.**

# Nordic Sport Australia

## South East Regional Relays

### Family FAQs

#### What is the Regional Relays?

The Regional Relays is a fantastic one-day carnival where our athletes (U7 to U17) get to compete in teams across various track and field events in their age group. It's a popular event with the athletes as it's the only carnival they can compete in teams against the other Little Athletics Centres.

**Track teams** are made up of four athletes, and **field teams** comprise of the total number of nominated athletes for that age group's event, so long as there is at least two Balmoral nominated athletes.

#### Who can compete at Relays?

All registered athletes in the U7–U17 age groups can nominate to compete at Regional Relays, giving them the opportunity to experience a regional event, regardless of their ability.

Teams from the U9 – U17 age groups that place first, second or third in their track event, or first or second in their field events will qualify to compete at the State Relay Championships on Saturday, 2 December, 2023 at the State Athletics Facility, Nathan.

Athletes in the U7–U8 teams receive a Regional Relay participation medal.

#### What events are held at the Relays?

**U7:** 4 x 70m, 4 x 100m shuttle relays  
Long Jump, Discus

**U8:** 4 x 70m, 4 x 100m shuttle relays  
Long Jump, Shot Put

**U9:** 4 x 100m, Swedish Relay  
High Jump, Discus, Shot Put

**U10:** 4 x 100m, Swedish Relay  
Long Jump, High Jump, Shot Put

**U11:** x 100m, Medley Relay  
Long Jump, Discus, Shot Put

**U12:** 4 x 100m, Medley Relay  
Long Jump, High Jump, Discus

**U13:** 4 x 100m, Medley Relay  
High Jump, Discus, Shot Put

#### Relay events continued:

**U14:** 44 x 100m, Swedish Relay  
Long Jump, High Jump, Shot Put

**U15:** 4 x 100m, Swedish Relay  
Long Jump, High Jump, Discus

**U16:** 4 x 100m, Swedish Relay  
Long Jump, Discus, Shot Put

**U17:** 4 x 100m, Swedish Relay  
Long Jump, Discus, Shot Put

#### What is the Swedish Relay?

The Swedish Relay is conducted over 1000m and involves legs of 100m, 300m, 200m and 400m, in that order. Only the first leg of this Relay is run entirely in lanes. The second leg is partially run in lanes. Thereafter, each athlete is entitled (subject always to the rules of obstruction and interference) to run in lane one.

#### Can the athlete running the first leg of the Swedish Relay for U14 to U17 teams wear spike(s) shoes?

Yes, they can.

#### What is the Medley Relay?

The Medley Relay is conducted over 1600m, involving two legs of 200m and one leg each of 400m and 800m in that order. The first two legs of the Medley Relays are run in lanes, with the third leg run partially in designated lanes. Thereafter, each athlete is entitled (subject always to the rules of obstruction and interference) to run in lane one.

#### Can the athlete running the first or second leg of the Medley Relay for the U11 to U12 teams wear spike shoes?

No, they cannot. Even though the first and second legs are run in lanes, the entire event is not a laned event.

# South East Regional Relays FAQs

## What do the athletes wear to the Regional Relays?

Athletes must wear the correct and approved Balmoral Little Athletics Centre Uniform, the same as they are required to wear at Wednesday's competition evenings – see our website for [uniform](#) information.

## How many events can athletes compete in?

Athletes can nominate to compete in a maximum of five events across track or field. We encourage athletes to have a go at all events and enjoy competing as a team.

Additionally, athletes in the U15 to U17 age groups may also compete in a 100m race-off between interested athletes to select a Regional team to compete in a 4x100m Relay at the State Relays (one boys' team and one girls' team). The Regional Swedish Relay is normally selected from Centre Best Performances.

## How much does it cost to enter?

**Entry is free!** Balmoral is covering the fee for athletes who would like to participate.

## When and where are Relays held?

The South East Regional Relays will be held on **Sunday, 12 November at Sheldon College**, 43-77 Taylor Rd, Sheldon. The day typically starts at 8am, with the last event around 3pm. The event program and other information will be posted on the LAQ [website](#) ([www.laq.org.au](http://www.laq.org.au)) as soon as it's available.

## When do nominations close?

Nominations close **Wednesday, 18 October 2023**.

If you would like to nominate, please complete the nomination form included with this information pack (sample next page) and return it in person to the Clubhouse, or via email to **blac.centremanager@gmail.com** by the due date.

## Where can I get a nomination form?

The nomination form is available at the Clubhouse and included with this information pack. An example of how to complete the form is on the following page.

## How are the relay teams compiled?

Once all nominations have been submitted, the **track teams** are compiled and finalised for each age group, based on athletes' centre competition results to date.

## Compiling teams continued:

**PLEASE NOTE: everyone who nominates will get the chance to compete. The FOCUS of this carnival is compiling teams so everyone can participate in a team - no matter their ability or times.**

There is no limit on the number of age group teams we can create to participate at the Relays.

If we can't complete a **track team**, we look to encourage additional entries from that age group, or combine the age groups.

It's rare that an athlete misses out on running an event due to insufficient numbers.

For the **field events**, there is no requirement to compile a team in order to compete. However, we do need at least **two athletes from the same age group** to nominate for that field event in order to be competitive at the Relays.

For field events, the team results are calculated based on the performance of the top two athletes from a club, and then the next two, and so on. Again, there is no limit on the number of athletes that can nominate for a field event – the more the merrier!

## How do parents help?

Without parent/carer help, we cannot run the Relays event effectively. To ensure the success of the day for everyone, there are several ways your help is needed:

- **Arrive on time** and help organise and support your child. It's important to arrive in plenty of time to ensure your child joins their relay team on time. Cheering from the sidelines and encouraging them to do their best is also important.
- **Volunteering on the day:**
  - > **Discus:** At the Relays our club is responsible for running the Discus event. This involves organising a team of parent volunteers to help with spiking, retrieving and recording. In the lead up to the event, we ask parents/carers to sign up and volunteer for at least one 30 – 45 mins session. No prior experience is needed to help. Often parents volunteer when their child is competing at discus, it's a great way to access the front row seat.
  - > **Age Marshal:** Parent/s Age Marshal will be required for each age group to ensure athletes are ready in their teams and present to the call room on time for track events and at field events. A volunteer sign-up sheet will be circulated closer to the event.

# South East Regional Relays FAQs

## Where can I find more information?

If you have any questions, please don't hesitate to ask Hannah (Centre Manager) or Tony (Committee), or visit [laq.org.au](http://laq.org.au)

In the meantime, we look forward to receiving your nomination form, and your athlete being part of the Balmoral team and proudly representing the club at the Nordic Sport Aust South East Regional Relays 2023.

## Nomination Form - example of how to complete

### CENTRE USE ONLY | NOMINATION FORM FOR LAQ REGIONAL RELAYS

This nomination form may be copied for nominating purposes and returning to your affiliated Centre. Check with your Centre Committee for the closing date.

Nomination fees: \$5.00 per event												
EVENTS	U7s	U8s	U9s	U10s	U11s	U12s	U13s	U14s	U15s	U16s	U17s	
4 x 70m		X										
4 x 100m		X					X					
4 x Swedish				X								
4 x Medley							X					
Long Jump		X		X								
High Jump				X			X					
Discus							X					
Shot Put		X		X			X					

Surname Freeman Contact ph/email: 0412 345 678

First Name Cathy B/G U/ 8 Rego No. 100 No Events 5 Fees \$

First Name Kyle B/G U/ 10 Rego No. 234 No Events 4 Fees \$

First Name Kate B/G U/ 13 Rego No. 143 No Events 5 Fees \$

Centre use only Receipt No:  Amount received:

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4 x 70m												
4 x 100m												
4 x Swedish												
4 x Medley												
Long Jump												
High Jump												
Discus												
Shot Put												

Surname  Contact ph/email:

First Name  B/G  U/  Rego No.  No Events  Fees \$

First Name  B/G  U/  Rego No.  No Events  Fees \$

First Name  B/G  U/  Rego No.  No Events  Fees \$

Centre use only Receipt No:  Amount received: