

TIGARD YOUTH TRACK

RELAY GUIDELINES

March 13th, 2019

COACHES:

Level 1: Dorian Watts

Level 2: Jordan Latt, Heike Mendez

These relay guidelines are to help athletes and parents understand what criteria help coaches establish relay teams and what commitments it takes to remain on one.

For the 2019 developmental and championship season TYT will be reducing relay team numbers to one team per age group per gender. Each team will consist of 5-6 athletes, with 4 slotted for relay legs and 1-2 alternates. We feel that relay team will get more quality training in this event as it takes a lot of time to coach and also allow for more quality coaching for all the other athletes that are not on a relay team.

Please know that athletes are usually not limited to a certain number of events during the developmental season. However, athletes in age groups 8&U through 11-12 are limited to 3 events including relay, once we get to championships and age group 13+ to 4 events. Even a registered alternate has to count relay towards their event limit.

This is the criteria we will be using to establish and maintain relay teams:

The 5-6 fastest athletes in each category will be chosen to be on relay teams. Coaches discretion will determine final cut. Things that will be considered (but not limited to) are commitment to TYT and relay team, consistency in participation at practice and meets, baton handling, coachability and sportsmanship.

Athletes considering relay must run the corresponding individual event in the first meet.

- 4x100 meter relay; athlete must compete in the individual 100m sprint
- 4x400 meter relay; athlete must compete in the individual 400m sprint

Determining times will come from official/coaches times taken at first meet. No other times will be taken into consideration (at coaches' discretions).

Relay teams may change at any time. It is highly recommended that athletes keep competing in the events that correspond to the relay they would like to be/remain on.

Final teams will be locked in for championship meets around mid-season (May time frame).

Please remember that it is an honor to represent TYT in one of these relay teams. Be courteous to your relay team members, all TYT athletes, Coaches and Parents. The time it takes to practice relay is substantial. Be at practice/meet on time and prepared to work!

Please bring any concerns you might have to the Relay Coaches.

Thanks for your support!
TYT Coaches & Board of Directors