

County Championships

- Relay trials **do not have** to be held in advance of county championships, but to facilitate Leinster entries it may be necessary but County Championships are about participation by all club members. Teams can be made on the day of the counties (may be a team which has been selected for Leinsters) and as much as possible should include all athletes who are available to run on the day. Coaches should inform athletes in advance of the day that relays will be held at the end of the day and they would like all athletes to stay on to make up as many teams as possible. In this case athletes of all ages can move up one age group, ie U8 run under 9, under 9 run under 10. Priority must be given to children within their own group to make up a team 1st and then any remaining children from a younger age group can be moved up to make up teams.

Leinster Relay Team Selections

Athletes can only run in Leinster in their own age group up to and including Under 12.

Once above this age group children can be moved up one age group but at least two members must be of the correct age but this restriction does not apply to U17, 18 and 19 teams. In the case of the outdoor U17 (4x300 and 4x400) U16's are not allowed to move up. Furthermore an athlete may only compete in a maximum of three relays.

Trials should be held well in advance of Leinsters, possibly before counties to facilitate entries with Leinster Athletics. These teams may or not may not be the team which runs at counties. All eligible athletes should know in advance when the trials are to be held, ideally there should be two trials to allow for an athlete to have an off-form day. Trial dates should be communicated to all athletes through a Text/Whatsapp/Email. (one method only needed)

Trials should be held well in advance of competition so that adequate baton changing practice can take place.

If possible six athletes should be selected for each panel. Selection should be based on trial runs over the relevant distance.

An athlete who is not available for Leinster relays may be eligible for the All Ireland relay only in the following circumstances:

Injury (must be fully recovered for All Ireland)

Family/Church Occasion clashing with Leinsters, (must be of an immediate relation)

This person should run in the trials so as to know their position on the panel. If this person finishes in the top 6, they should then be listed on the Leinster panel of 6 even though they will not be available on the day.

This then must be communicated with all members of the team once the teams are selected for Leinsters, letting all members/parents know that due to some athletes not being available to run in the Leinsters new trials for the All Ireland may be run by the coach with the 6 selected for Leinsters only competing for places on the All Ireland team. No new members may trial for the All Ireland.

All Ireland's

Coaches must keep with the same panel of 6 athletes for the All Ireland

Any combination of the panel of 6 may run in the All-Ireland, trials may be run between the panel as fitness levels, baton skills etc can change between Leinsters and All Irelands.

The team coach may if deemed necessary, make changes on the day of competition. (This can arise where a team member is clearly off form on the day, may have picked up an injury or have competed in a demanding individual event(s) prior to the relay).

The full panel should travel to the competition. In the event of medals being won one both subs, properly togged out in K.C.H. gear, should accompany the team to the medal presentation.

Note:

The above procedures have been brought in to provide clarity for all coaches, to assist in relay selection. It is also to give fairness to children who have been involved with the relay team from the start. If a coach feels the need to breach any of the above procedure it must be brought to the KCH committee where a decision can be made by the committee as to whether they deem it necessary to break from procedure.