

Emerald Athletic Club, Limerick

Relay Policy

Relay Selection:

The relay team selection will follow the rules as laid out by AAI

Teams will be decided at the discretion of the coach following the protocol below:

Younger Athletes – aged up to U/12:

1. Every attempt to be made to include as many athletes as possible in the competition
If there are more than 4 athletes available to race in the relay completion on the day of competition, an athlete may race in the heats but be asked to let another athlete race in the next stage of the competition
2. The order of running at the event will be decided by the coach at the event. If the coach for that age group isn't at the event, the decision will rest with any other Emerald AC coach at the competition
3. The coach's decision is final

Older Athletes – aged above the U/12 age group:

1. A Run-off to select the team/s from all available athletes will be organised in advance of the competition
2. The order of running at the event will be decided by the coach at the event. If the coach for that age group isn't at the event, the decision will rest with any other Emerald AC coach at the competition
3. The coach's decision is final