

St Michael/St Charles CYO Track Team

Relay Information

Relays are races involving 4 runners passing a metal baton between them to complete a race of a certain distance. At most of our meets the “legs” are all of the same length—4 x 100M, 4 x 400M, etc but at a relay meet there are races combining “legs” of all different lengths, for example the sprint medley combines legs of 200M, two 100M’s, and a 400M.

Relays are lots of fun for the kids and very exciting to watch (if nothing else, just to see if the participants get the handoffs right). The handoffs must be completed within a certain boundary marked on the track or the team is disqualified. Therefore, relays involve practice with the particular kids that will be working together on that team.

The teams consist of children of the same age group and sex. Some age groups have lots of kids available to make up relays and we may be able to put together more than one relay but other age groups may not have enough kids to put together a relay. At practice meets early in the year we are allowed to combine age groups and sexes. We try our best to have every kid interested, assigned to a team. But at the qualifying, sectional, and diocesan meets the rules are very strict for eligibility as to age and sex of the teams.

Early in the season the coaches run time trials to determine the relative speed of the kids so the fastest kids are assigned to the “A” relays and if other kids are available, they are assigned to “B”, “C”, etc., relays.

Once the relays are assigned, if a child would like to challenge for a position on a relay we will have **time trials on Tuesdays and practice for relay handoffs will occur on Thursdays.**

The days of meets it is very important for relay participants to arrive at the meets at the specified times (early) for warm ups.

The 4 x 100M relay is run early in the meet schedule and the coaches have to fill out relay cards with the team's participants listed on the card. If your child is not there on time, the coach will move up the next fastest child in that age group to fill that vacancy. Once the card is filled out, even if you arrive before the race begins, it is too late to change the card. We will attempt to put together a team for your child to run on but it will not be the relay originally assigned. Then the next week, your child will have to run a challenge time trial on Tuesday to earn his spot on that relay again.

If you have a child particularly interested in running a relay race it is much appreciated if you as a parent would help round up the other "legs" on your child's team at the meets and keep them together once we get the card filled out. Especially for the younger participants, it is very chaotic down on the field while we are gathering for warm ups and getting the relays cards filled out. It might also be helpful if you would touch bases with the other parents on your relay team during the week to make sure they will be at the relay practices and the meets.

Obviously, **there is an additional level of commitment to being on a relay team.** The kids on that relay are counting on each other to be there for practice and the meets. There are always lots of hurt feelings and tears when one of the relay members doesn't show up for practice and/or meets. One absence leaves three other people hanging. Also, as a parent, do not show up 10 minutes before the meet starts and demand your child be placed on a relay—it's too late. We do our very best to get any interested child on a relay but it just doesn't always happen.

If you have any other questions, please feel free to contact the relay coordinator, Terri Herigstad.