



Singapore Athletics Relays Team Guidelines and Selection Criteria for 2022

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Relays Team Guidelines

Introduction

The 100 m races performances are fundamental to the 4x100 m relays success (teams with faster athletes have the potential to perform better) but is not the only condition to perform.

However, a good 4x100 relay performance cannot be based exclusively on the selection of the athletes with the best individual 100 m performances. The ability to execute the specific 4x100 m relay KPI(s) with proficiency and consistence are equally important.

The process of selecting the four athletes for a national relay squad should be based on a set of selection criterions, in an objective and transparent manner. Consequently, it is essential that all stakeholders have the knowledge of these relay KPI(s), tasks and relay team rules.

Goal

To establish a performance-based selection criteria and guidelines on managing the National Relay teams for Major Games Competition

Relay events

- ... 4x100m (Men), 4x100m (Women)
- ... 4 x 400m (Men), 4 x 400m (Women)
- ... 4 x 100m (Mixed) and 4 x 400m (Mixed)

Categories

Senior, U20 and U18

Selection Criteria Guidelines

- A. SA will identify and announce the 2022 relay teams (8 athletes by relay), at the beginning of the season. 8pax Selection Criteria Timeline (Period is before SNOC Major Games team announcement)**
- 1) This Selection Criteria 1 - performances of the previous season, will be used to select the athletes;
 - 2) The athlete's performances will be based on the average of the best times clocked for the previous season (1-Jan2021 to 31-Dec 2021);
 - 3) The selected athletes will have to adhere to training and competition schedule planned for the 2022 season
 - 4) Athletes and Coaches are to abide by the SA Athlete's & Coach's Code of Conduct;
 - 5) The athlete's commitment to all relay activities (e.g. centralized trainings, training camps, competitions ...) is mandatory (unless with valid reasons and reported in a timely manner to SA);
 - 6) Athletes will only be excused from training based on the following reasons:
 - a) Medical Leave;
 - b) Competing in overseas SA-sanctioned meets;
 - c) Compassionate grounds;
 - d) Attending school/IHL related lectures/lessons;
 - e) Urgent exigencies at work;
 - f) National Service/ Reservist;
 - 7) 4x100 m relays KPI's will be evaluated (by SSI Biomechanics Team) in order to identify the athletes ability to perform on the different relays legs. Will be made a ranking for all 4 different leg 4x100m relay;
 - 8) The training sessions will be for about 2 hours minimum
 - 9) The 4x100 m athletes will be expected to be in a recovered state (the ability to put in 100% sprinting effort) for the training sessions and competitions
 - 10) Four qualification performance trials will be held during selected SA organised meets. The selection of relay teams will be based on objective data
 - 11) Additionally, the athletes will be required to attend meetings organized by SA;
 - 12) Athletes who have not been selected to be part of the squad (e.g. injured during last season) could be included in the team, should SA find their inclusion to be appropriate (e.g. individual performance);
 - 13) The structure of the relay teams is dynamic. The athletes may enter or exit depending on performances throughout the season and/or other unforeseen circumstances (e.g. injuries, professional engagements...);
- B. SNOC will announce the relay teams (6 athletes by relay) selected for Major Games 2022. 6pax Selection Criteria Timeline (After SNOC Major Games team announcement)**
- 14) This Selection Criteria 2 - performances of the previous 3 months, plus Relays KPI's, will be used to select the athletes;
 - 15) The athlete's performances will be obtained from weighted average of 3 races clocked on the previous 3 months. Will be identified different competitions categories with different ponderations. Consideration will be given to the circumstances in which the performances were achieved: Direct competition; recent competition etc.;
- C. SA will announce the final relay teams (4 athletes by relay) for Major Games 2022 before the registration on the Local Organizing Committee. 4pax Selection Criteria 3 Timeline (Before registration of team to Major Games)**
- D.** This Selection Criteria 3 - performances of the previous 3 months, plus Relays KPI's, will be used to select the athletes;
- E.** The athlete's performances will be obtained from weighted average of races clocked on the previous 3 months. Will be identified different competitions categories with different ponderations. Consideration will be given to the circumstances in which the performances were achieved: Direct competition; recent competition etc. and will be taking in consideration the ranking for all 4 different leg 4x100m relay.

4x100m Relay Leg Characteristics.

1. It is crucial the athletes adapt to the specific characteristics of each of the four 4x100 relay legs. That is, their ability to perform with quality, stability and consistency the relay requirements.
2. (see 4x100m Relay Legs Characteristics)

Note: The performances in individual events do not warrant direct and automatic entry into the relay team (Final 4 or 6 athletes).

4x100m Relay Legs Characteristics

	First Leg	Second Leg	Third Leg	Fourth Leg	100m	200m
Running distance total: only w/ baton:	± 105m	± 125m ± 100m	± 125m ± 100m	± 120m ± 95m	100m	200m
Type of Leg	Bend	Straight	Bend	Straight	Straight	Bend and Straight
Type of Start	Starting blocks	Standing start	Standing start	Standing start	Starting blocks	Starting blocks
Baton carry on	Right Hand ¹	Left Hand ²	Right Hand ³	Left Hand ⁴	-	-
Main Tasks	Incoming ^A [Deliver the baton]	Incoming ^A and Outgoing [Receive and Deliver the baton]	Incoming ^A and Outgoing ^B [Receive Deliver the baton]	Outgoing ^B [Receive the baton]	-	-
	...Good and consistent starter ...Good curve sprinter ...Good delivery of the baton with the right hand ...Focus on the outgoing target hand	...High speed endurance capacity ...Good and consistent standing starter ...Good receiver and delivery of the baton with the left hand	...Good curve sprinter ...Good and consistent standing starter ...Consistent under pressure ...Good receiver and delivery of the baton with the right hand	...Good and consistent standing starter ...Good receiver of the baton with the left hand		

¹ First leg sprinter carries baton in the right hand and approaches the second sprinter on the inside of the track to pass the baton.

² Second leg sprinter receives the baton in the left hand and approaches the third sprinter on the outside of the track to pass the baton.

³ Third leg sprinter receives the baton in the right hand and approaches to the fourth sprinter on the inside of the track to pass the baton.

⁴ Fourth leg sprinter receives the baton in the left hand.

A. Incoming Sprinter Tasks

- Maintenance of speed
- **Be prepared to run to the far end of the change-over zone**
- Correct position in lane (when passing)
- #1 and #3 – inside of lane, #2 – outside of lane
- **Correctly timed exchange command**
- **Correctly timed and controlled swing of arm / hand to passing the baton in receiver hand**

B. Outgoing Sprinter Tasks

- Placement of checkmark
- **Efficient and consistent starting reaction and movement**
- Correct position in lane (when receiving)
- #3 – inside of lane, # 2 and #4 – outside of lane
- **Correct and controlled backward swing of arm / hand**
- **Take and grip the baton**
- Continue acceleration with minimal running technical disruption