

TRACK AND FIELD RELAYS – RULES AND CRITERIA FOR RECORDS

ACTMA conducts a range of relay events at the weekly track and field meets at the AIS Athletics Field and there are rules and criteria covering attempts at records for these events.

During a typical track & field season relays are conducted in the following events: 4x100m, 4x200m, 4x400m, 4x800m and 4x1500m. ACTMA, Australian and World records are acknowledged in all events except the 4x200m Relay Medley and Parlauf Relays are conducted intermittently however there are no records for these two events – although a single ‘best performance’ is maintained by the Club Statistician. ACTMA also recognises ‘combined age’ 4x100m relays like those conducted at the AMA National Championships. These include W120+, W160+, W200+ and M120+, M170+, M220+ where the total team age is the aggregate of the individual ages of the four athletes.

Criteria for Age Based Teams

1. Teams of four runners, in 5-year age groups of the same gender, can attempt to break/establish ACTVAC, AMA and WMA records.
2. At least two (2) members of the team must be from the same age group before a record attempt can be considered – the remaining two runners can be from the same age group or from the next age group above.
3. Relay competitors are only allowed to run one age group down to qualify their team for a record attempt. Example: If runners are trying to break the W40 4x100m relay record there must be at least two W40 competitors with the remaining runners either being W40 or W45.
4. Runners are not allowed to run up an age group – for example, a M35 relay team cannot contain any M30 athletes.

Note:

All four runners in the relay team must be current financial members of the ACTMA – “one day” or “trialing” participants do not meet this qualification.

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