

## **Can I Nominate for a Relay Team?**

1. For the State based age band teams (120+, 180+, 240+ ) let your team manager know you are keen to participate. They are responsible for submitting the age band relay teams to the TIC for both the 4 x 100m and the 4 x 400m
2. If you are keen to participate in a 5 year age group team then talk to the athletes in your age group to come up with a team for the 4 x 100m, 4 x 400m or 4 x 800m. Nomination forms are available from the TIC.

In the 5 year age group relays, the team members can come from any Australian state/territory. The age group of the team is the age group of the youngest member in that team.

## **How Can I Learn More About Relay Running and Changeovers?**

### **Relay Forum**

**When: Thursday and Friday this week**  
**Where: QSAC in the Track and Field Room**  
**Time: 4.00pm - 5.00pm**

The above forum is a great way to catch up on relay knowledge, from rules to handling the baton. The presenter is the very knowledgeable Harry Giles.

The forum will include an indoor information exchange which will be followed by a practical session on the track. With masters athletes planning to take part in relays on the Sunday and Monday afternoon this is a great way to make sure your team can be at its best. The forum is open to one and all to attend.