





# EMPIRE STATE TRACK AND FIELD CHAMPIONSHIPS

## RELAY ROSTER RULES



The procedure for entering a relay is outlined below. Failure to comply with this procedure may result in disqualification.

### General

- 1.) A Relay team shall consist of four (4) members. All members must hold a valid individual USATF membership.
- 2.) All participants shall wear a top and shorts of the same color.
- 3.) To enter a relay in the Empire State Liberty Tour Track & Field Championships, a relay roster is required.
- 4.) The relay roster must be submitted at the Trials.
- 5.) Any athlete listed on the club's relay roster in the same age division/sex is eligible for that relay team.
- 6.) All competitors listed on the official roster are eligible to compete if they are entered in the meet in individual events and/ or other relays. If an individual is not entered in the meet by either of the above methods stated above, that individual must complete and submit an entry form placing the word "roster" in the event section. An additional cost equal to the cost of a single event will be charged for each member entering by this method.

### Procedure for Roster Completion

1. Complete the personal information, including club name, club number, address, and phone number. Coaches must sign the form.
2. A Relay team shall consist of four (4) members. All members must hold a valid individual USATF membership. Coaches are encouraged to list every eligible athlete in the same division and sex of the club (whether participating in this relay or not) on the roster. Example: Make an alphabetical list of all Bantam Girls in the club. Note: There must be a minimum of four (4) athletes in the same age division, and gender, to form a Relay Roster.
3. Enter one roster for each event:
  - 4 x 100m Bantam Girls A, B, C, etc.
  - 4 x 400m Midget Boys A, B, C etc.
  - 4 x 800m Youth Girls A, B, C, etc.
4. **The Rely Roster must be submitted at the Qualifying Trials. Once this Roster is submitted at the Qualifying Trials, no additions or alterations can be made, and the Roster may not be returned to the coach, parent, or athlete.**
5. To declare the final members of a Relay Team into the meet, a club coach or administrator must go to the clerking area and do the following:
  - Check off a minimum of four (4) athletes, and a maximum of six (6) athletes on their Relay Roster in the columns of the "Level" (Trials or States) next to their names. Be sure each athlete has submitted an individual entry form into the meet listing the Relay as one of their events.
  - When the relay team checks in at the clerking area, four (4) athletes must be present to run. To change the composition of the team, any athlete checked off in the level column (trials, states) can be substituted provided the athlete has a competitor number.
6. To advance a Relay team to the State Championships, a club's relay must **compete** and **qualify** at the Trials level. The make up of the Relay does not need to be the same throughout the rounds or various levels of competition, as long as the athletes are listed on the original Relay Roster submitted at the Qualifying Trials.