



GSC Relay Team Selections

Relay racing is where the team can come together to show our strength and support for our teammates. Swimmers are supported and encouraged to participate in club relays at ACT, NSW and National level meets, however participation is not compulsory. The decision to participate in relays should be made by the swimmer and parent in consultation with the Head Coach where appropriate.

The purpose of this Policy is to provide transparency for all members on how Club relay teams are selected for meets. The overarching Club Policy for all relay selection is to select the **most competitive teams in each age group and event based on current best times of all nominated swimmers**. Where possible, we will also seek to provide swimmers with opportunities to participate in these events.

Parents should note that for any event relay selection is not guaranteed due to the number of available swimmers and prevailing rules about team composition. We encourage parents to discuss with their swimmers the process for how teams are selected and support them where they may not be selected at any given meet.

The following sections provide more detail on the process for relay team selection.

Definitions in this Policy

1. "Event" is a freestyle or medley relay event, either 4 x 50m or 4 x 100m.
2. "Eligible" means a swimmer meets the age group criteria at the nominated swim-up date of the meet, has nominated for the relay event and has swum a qualifying time for an individual event at the meet.
3. "Swim up" means a swimmer may swim in a higher age group. In most cases, meet rules permit at most one swimmer to swim up in any event. That swimmer is no longer eligible to swim in their actual age group.
4. "Meet" is a swim meet where one or more relay events are scheduled.
5. "Nominated" swimmers have indicated that they wish to be selected for a relay.
6. In the event of any discrepancy, any rules set by the meet organiser will take precedence over these selection guidelines. This will be communicated to swimmers as part of the call for nominations.

Nominations

1. The Race Secretary will call for relay team nominations not less than 7 days ahead of entries closing for the meet, with an email to parents of all swimmers.
2. Nominations will be taken up until 48 hours prior to entries closing for the meet, to allow the Race Secretary to compile teams prior to entering teams.
3. Swimmers should note any preference for stroke, distance, number of relays and willingness to swim up at the time of nomination. We encourage swimmers to only nominate for a relay where they are confident they can commit to the team and attend the meet, given the disruption that late withdrawals can cause.
4. Where there are gaps a late call for nominations may also be made.
5. Nominating does not guarantee a position on a relay team.

Selection of teams

1. In each age group, where there are sufficient eligible swimmers nominated, the four swimmers that provide the fastest combination will be selected as the A team.
2. If there are sufficient eligible swimmers nominated in that age group, a B team may also be selected. This will be at the discretion of the Race Secretary, and in consultation with the Head Coach and the swimmers parents.
3. The Club may nominate reserve swimmers for teams where there are additional swimmers available (listed as swimmer 5, 6 etc.). A reserve swimmer is able to sub in for another swimmer in the case of illness or injury, but may not be nominated in a B team.
4. All teams will be subject to any qualifying times indicated in the meet program.

Swimming up

1. If an A team cannot be formed from the eligible nominated swimmers, a swimmer from a lower age group may be selected to swim up to complete a team. Only one swimmer can be nominated to swim up in each event. At Swimming NSW and National level meets the rules state that the swimmer will no longer be eligible for their normal age group.
2. If the lower age group has an A team already selected, the swimmer nominated to swim up will be the next fastest swimmer available (i.e. fifth fastest swimmer from the lower age group) if they have indicated an interest in swimming up in their nomination.
3. If the lower age group cannot form an A team (e.g. only two nominated swimmers), the fastest swimmer will be considered for swimming up, if they have indicated an interest in swimming up in their nomination.
4. A B team will not be formed if it requires a swimmer to swim up an age group, and that doing so would break the best possible team for the lower age group.

Review

1. Draft teams will be provided to the Coaching Team for review, to consider any modifications based on injuries, swimmer load or other factors which may be considered relevant (such as if a swimmer has been away from training for an extended period).
2. If changes are proposed, the Race Secretary and Coaching Team will consult with all affected swimmers and their parents to provide justification for the change.

Finalisation

1. The Race Secretary will endeavour to finalise entries 24 hours prior to entries closing (pending any changes arising from the review by the Coaching Team).
2. The Race Secretary will provide the relay team report to the Coaching Team and parents of all nominated swimmers via email once finalised to allow swimmers to confirm availability prior to submitting the entries.

Late changes and withdrawals

1. Changes to relay teams after entries for the meet have closed may be possible, but subject to the rules of the meet.
2. Withdrawals should be notified to the Race Secretary as soon as possible.
3. Where withdrawals are received prior to the commencement of the meet, teams will be reviewed to ensure that teams selected are consistent with the selection policy (most competitive teams).
4. If a swimmer does not attend the event their team will be withdrawn from competition unless a reserve has been nominated, and there is sufficient time to adjust the team list (which is at the discretion of meet officials).
5. The composition of teams cannot be changed once the meet has commenced (other than the use of reserve swimmers).

Exemptions

At some meets, this team selection policy will be relaxed to enable more teams to be nominated. For example, the ACT Relay Championships are an opportunity to put together as many teams as possible to encourage all club members to participate. These events will have modified rules around eligibility. These will be considered on an as-needed basis and will be communicated to all swimmers and their parents at the time of the call for nominations.

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