



Westport AC Training & Competition Policy

Training

- 1- Westport AC Train three nights a week. All club training and activities is covered by the club Insurance policy.
- 2- Monday Night Club Training is for Children 10 years and under. (This depends on YOB)
- 3- Tuesday/Thursday Training Is for Children 10 years and up (This depends on YOB)
- 4- Athletes Under 17 must attend Club Training regularly. Attendance Lists are held by the Coaches.
- 5- Club training is a Westport AC pre-requisite for entering competitions.
- 6- Club training is undertaken by Approved Club Coaches.
- 7- All Club training will take place on the Westport AC Track or in other approved club training locations identified by Westport AC Committee.

Cross Country Rules

- 1- Competitions are open to all club members who attend Club training in accordance with our training policy.
- 2- Cross Country is an Individual event where the first 6 athletes for a club across the line form a club Team.
- 3- The First 10 athletes across the line for a County make up the County Team.
- 4- The First 12 Connaught athletes across the line form the Connaught team for Nationals.
- 5- Not all members of each team will receive medals, this depends on County and Province rules and quantity of participants in the Race in some cases.
- 6- Westport AC will request interest in Cross Country Competitions prior to events.
- 7- All Entries must be submitted to the club registrar per notification received.
- 8- For Connaught and National Events, Entries must go through the Westport AC Registrar.
- 9- All Individuals must attend events in a timely manner.
- 10- On Competition Days Westport AC will allocate coaches to age groups for warm ups and Course walks.
- 11- Athletes of the younger ages will be escorted to the start lines by the appointed coaches.
- 12- All Parents are encouraged to take photographs and forward to the Club PRO.
- 13- Everyone is asked to encourage all athletes in all age groups to promote a positive culture within the club

Track and Field Rules

- 1- Competitions are open to all club members who attend club training in accordance with our training policy.
- 2- Track and Field events are held at both Indoor and Outdoor competitions. The Indoor competitions normally run from January to April and consist of Mayo, Connacht and National championships.
- 3- The Outdoor competitions also consist of Mayo, Connacht and National championships and normally take place between May and July.
- 4- Westport AC will request interest in Track and Field for all Competitions prior to events.
- 5- All Entries must be submitted to the club registrar per notification received.
- 6- All Individuals must attend events on the day in a timely manner.
- 7- Children team events (U9-U11):
For Connaught's and All Ireland, athletes are qualified as pairs. Children must ensure to turn up to compete with the athlete they are paired with.
- 8- On Competition Days
 - a. Westport AC will allocate coaches to age groups for warm ups and to check the athletes into events.
 - b. Athletes must be present with Coaches before events.
 - c. Parents are not allowed in the Warm Up Area or the Infield at Track and Field events.
 - d. All Parents are encouraged to take photographs and forward to the Club PRO per the social media policy.
 - e. Everyone is asked to encourage all athletes in all age groups to promote a positive culture within the club.

Westport AC Juvenile Relay Rules

- 1- Competitions are open to all club members who attend club training in accordance with our training policy.
- 2- Selection of relay teams is conducted in a fair and impartial manner.
- 3- Relay Team events are held at both Indoor and Outdoor competitions. The Indoor competitions normally run from January to April and consist of Mayo, Connacht and National championships.
- 4- The Outdoor competitions also consist of Mayo, Connacht and National championships and normally take place between May and July. A Relay team consists of 5/6 athletes, out of which 4 will be selected to run the race, plus 1-2 substitutes to step in if and when required.
- 5- The Club coach will oversee the selection process. In the event of disagreement, the Coach will have the final decision.
- 6- The club coaches will Lead the relay teams in all the Under age categories.
- 7- The club coach will appoint a Coach (or 2 if possible) to act as Team coaches for each individual Relay Teams on competition days.
- 8- The club coach will be responsible for organizing the Team on Competition day.
- 9- All team members must be present on the day of competition at the appointed time.
- 10- Changes may be made to relay teams on the day of competition due to absence, illness or injury. Any such change will be made by the club Coach
- 11- On the day of competition, the final decision on all team matters will rest with the club relay coach.
- 12- The club committee, will ensure all Athletes and Parents /Guardians are notified in advance of competition details, giving the date and time and requesting confirmation that athletes will be in attendance at the event through the Club App and Website.
- 13- The club coach must be available on the day of competition to look after the team or must have assigned another coach prior to competition day.
- 14- Parents, Guardians, Athletes or other third parties will have no input into any relay team decisions. Any attempt to influence such decisions will be a disciplinary matter.
- 15- The considerations for selection is application and attendance at club training/ relay training and experience.
- 16- Where more than 6 members wish to be part of a relay team, a Run-off takes place to determine which are the fastest over the race distance.
- 17- The time and date of run-offs will be agreed with coaches within the various groups. All Parents/ Guardians will be notified by club app of the date and time.
- 18- The club coach/coaches will oversee all run-offs.
- 19- Then club coaches from different age groups will act as starter, time-keeper and finishing judges. Once selection is completed.
- 20- The make-up of teams may change between competitions within a season, and selection will be made separately for the Indoor and Outdoor seasons.

- 21- Where the Club is entering a B team, the A team substitutes will be allowed to run in the B team, if not required to run for the A team. They cannot run for both.
- 22- For older age groups, step-ups are only allowed when the younger athlete is part of the running team (so one of the fastest four).