



LIFE TIME NORTHERN CALIFORNIA CHAMPIONSHIP MEET RELAY POLICY

- Relays are a privilege and participation is an expectation when selected.
- The goal of relays is to build the fastest relay combination consisting of athletes that have qualified and are entered in the meet. The fastest relay is determined through aggregate time AND coaches analysis of current form. Coaches reserve the right to make changes to relays based on certain factors (back-to-back events, overall workload, relay start ability, etc).
- Relays that have qualified for a certain meet based on a time standard have qualified the relay on behalf of the team. The selection of the relay team that participates at said meet will follow the relay procedures laid out in this policy and will not necessarily consist of the same athletes that swam in the qualifying relay.
- At coaches discretion, relay-only swimmers *may be invited* to participate.
- Priority for a relay spot will always go first to an athlete qualified and entered in the meet over a relay-only swimmer.
- Coaches decisions are final. The Senior Head Coach has the final decision making authority amongst coaches.