

England Athletics Relay Championships

Policies and Procedures 2026

Eligibility

Athletes must be registered as first claim with an England Athletics affiliated club to be eligible to compete in this event. If an athletes first claim club is not competing, they are permitted to compete in the relay for their second claim club.

Composite clubs may enter for U16/U18 and U20 age groups but are not eligible for senior teams.

Entry process

- When entries open on Roster, only **one Team Manager** from each club should input all teams for that club (n.b - it is fine to have multiple team managers on the day, but for the purpose of entry please only one team manager to enter all the teams for their club). Please ensure you confirm who this will be within your club and share all team member names with them before signing up.
- We will not be inputting athlete names on the day, so please ensure the selected Team Manager has access to Roster on the day to do this.
- Entries are **£20 per team**, and not per club. You will be asked to make payment on each entry, once they have been approved.

Entry window

Notes	Entries open	Entries close
Invites sent to top 16/24 clubs in each event	16/07/2026	29/07/2026
Entries open to all other eligible clubs	29/07/2026	03/08/2026
Final entry deadline for Relay Championships		03/08/2026

Entry approvals

England Athletics will manually approve competition entries **after the closing entry deadline**, with the top ranked clubs being approved first. Therefore, Team Managers will not immediately receive notification that their entry has been approved for the competition.

Relay Competition Rules & Logistics

- The Relay Championships will be run in accordance with [UKA rules](#). Please make sure you are fully conversant with the rules for relays.
- In the 4x100m, the takeover box is 30m and the baton must be passed within the marked takeover box.
 - Waiting athletes should not step over the line at the start of the box.
 - The position of the baton determines whether the takeover is inside the box.
 - We are not providing tape, but you can use your own.
 - If you drop the baton, the person who dropped it can pick it up, and leave their lane to do so, providing they don't impede another team.
- In the 4x400 races athletes will be placed on track in order by track officials depending on team positions at the 200m mark. You must not change order or step over the red line (our track is blue) but you can move across to the inside once the leading athletes have moved away.
 - U20 4x400m Mixed Relay – no specified running order.
- In some longer races, lanes will be shared for first leg runners.

Medal Ceremonies

- Medals will be awarded to athletes in the first 3 teams in each age group.
- All medal presentations will take place as soon as the final event has finished.

