













NATIONAL RELAY PROGRAMME 2025

U20 / U23 / SENIOR RELAY SQUAD SELECTION CRITERIA



As a guide the national relay programme will look to select athletes to develop each 4x100m and 4x400m squad for the 2025 season. The athletes selected for each squad are considered based on the following factors:

Please Note: *The following criteria is used for relay squad selection purposes only during the 2025 season and not used for individual selection to a championship event.*

-  Relay squads for the 4x100m may consist of individuals selected from but not limited to the 60m, 100m, 200m, 60h/110h/400h and 400m events.
-  Relay squads for the 4x400m may consist of individuals selected from but not limited to the 200m, 400m, 400h and 800m events.
-  Athletes who have achieved the relay squad individual performance standard during the 2024 season may be considered. The following factors may also be taken into consideration:
 -  2024 Performance Lists and performance levels (the consistency of performance during the indoor/outdoor season – e.g.: running multiple times under the performance standard, head to heads) will be an important factor.
-  Relay experience including but not limited to:
 - Individual experience at recent major championships.
 - Recent championship experience with relay teams.
 - Exchange proficiency as shown in previous squad sessions and relay competitions.
-  Engagement, availability and commitment to the relay programme (attendance record at previous relay sessions and relay scheduled competitions).
-  Consistency and repeatability of performances during the 2024 season.
-  Injury and illness history during the 2024 season and previously.
-  Future relay team potential.
-  Other factors as deemed appropriate.

If any of the standards below do not yield viable squads, e.g. only three athletes have achieved the relevant standard(s), Athletics Ireland reserves the right to add athletes to the squad who have not achieved the standard(s).

A review of the relay squads will take place at the end of the 2025 indoor season.









-  Athletes initially not selected for relay squads who, during the indoor season, make a break-through performance may be added to/considered for the relevant relay squads.
-  Athletics Ireland reserves the right to add squad members at any time during the season if by adding an athlete this will help to achieve the performance objectives/goals of the High-Performance programme.

Relay Squad Individual Performance Standards		
Squad	Event	Standard
U20		
Men's 4x100m	100m/200m	10.90/21.90
Women's 4x100m	100m/200m	12.20/24.75
Men's 4x400m	400m/400h	49.80/54.20
Women's 4x400m	400m/400h	57.00/61.50
U23		
Men's 4x100m	100m/200m	10.80/21.40
Women's 4x100m	100m/200m	11.90/24.50
Men's 4x400m	400m/400h	48.40/52.50
Women's 4x400m	400m/400h	56.70/61.00
Senior		
Men's 4x100m	100m/200m	10.50/21.10
Women's 4x100m	100m/200m	11.75/23.80
Men's 4x400m	Main Squad 400m/400h	47.00/51.00
	Training Squad 400m	47.40
Women's 4x400m	Main Squad 400m/400h	54.00/58.00
	Training Squad 400m	54.70



2025 CHAMPIONSHIP RELAY SQUAD SELECTION

Each relay team must meet the entry standard/rules outlined in the relevant Athletics Ireland 2025 championship selection policy. The selection panel, in conjunction with appointed relay coach(es), may use their sole and overriding discretion to consider any factor or combination of factors that, in their opinion, are relevant to the selection of an athlete to the championship relay squad, including, but not necessarily limited to the following general principles:

-  Consistency and repeatability of performances (in relevant events) during the qualification period, and showing current form and fitness
-  Statistical data (ranking/performance list, performance-time curves, altitude/wind adjustments)
-  Championship performance history, in particular, the history of the athlete's on-demand performances at major championships
-  The competitive head-to-head record of each athlete
-  Injury and illness history
-  Previous/current relay experience (proven ability to pass and receive batons, championship experience, head to heads).
-  Relay splits taken from prior championship or non-championship events may be considered.
-  Commitment to relay programme and relay panel initiatives.

FINAL RELAY TEAM SELECTIONS

The "Strike Four" athletes for any Relay Team(s) that run at a championships will be selected by the appointed Relay Coach, in consultation with Team Management, before final relay declarations. For selection purposes there are "No Appeals" against the final running order or to the selection of the "Strike Four" athletes.

Please direct any queries about the above to:

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