

Event offered to

All track relay events require four athletes.

U6 to U8 age group:

Shuttle Relays –
4 x 70m and 4 x 100m

U9 to U17 age groups:

Circular Relays –

- 4 x 100m
- Swedish Medley running order shall be 100m, 300m, 200m and 400m around the track
- Distance Medley running order shall be 200m, 200m, 400m and 800m around the track

Event equipment

- ✓ Relay batons



Event safety

- The track and nearby areas must be clear of obstructions and hazards.
- The takeover zones must be clearly marked.

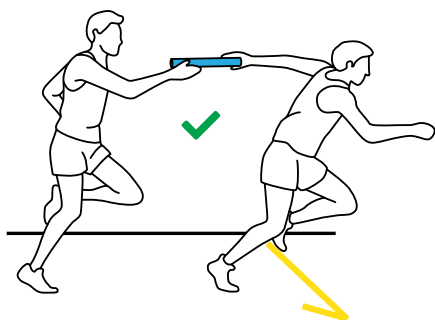
Where to assist

Refer to the *Track Umpire Handy Hints*.

Assistance is required at the start and the end of the takeover zones to watch for any rule infringements. The more Officials available, the easier overseeing at the takeover zones shall be, as athletes are spread across eight lanes at varying distances.

Basic rules

- Athletes may place one temporary marker on the track within the allocated lane.
- The baton must be carried in the hand throughout the race.
- The position of the baton is decisive, not the position of the body of the athlete.
- The outgoing athlete must commence running from inside the takeover zone.
- The baton must be exchanged in the:
 - 30m takeover zones for 4 x 100m Circular Relays.
 - 20m takeover zones for Swedish and Distance Medley Relays.

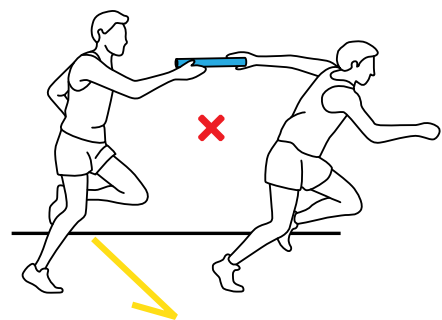


- If the baton is dropped, the athlete:
 - who drops the baton is responsible for the retrieval.
 - may leave the allocated lane to retrieve the baton without impeding other athletes on the track, must exit and re-enter the track at the same place and continue with the race.

Disqualification

Disqualification occurs if:

- the baton is thrown between athletes.
- an athlete interferes with or impedes another athlete.
- the athlete runs on or over the inside line of the allocated lane.
- the baton is exchanged outside the takeover zone.



Handy hints to run Relay events

- Athletes can be informed of the takeover zone where the baton must be exchanged.
- Have the athletes in the next event organised and in position as soon as the prior race has cleared the track.

Handy hints for the athletes

Shuttle Relays

- Four athletes line up at opposite ends of the straight track – two at each end.
- The baton is held at the bottom and carried upright. It is received by the outgoing athlete at chest level, with arms outstretched and the hands making the shape of a butterfly.
- The baton is carried up and down the track, passed to the next athlete waiting in line until all four athletes have each completed one run.

Circular Relays

- Four athletes line up at allocated positions around the track.
- For the 'downward pass', the outgoing athlete has one arm outstretched behind with the palm facing up and thumb towards the midline of the body. The incoming athlete places the baton downwards into the outgoing athlete's hand.
- The baton is carried around the track, passed to the next athlete waiting on the track until all four athletes have each completed one run.
- It is in the best interest of the athlete to learn to pass and receive the baton in either hand.

