

RELAYS



What are the different types of relays?

- Shuttle Relay – athletes line up opposite one another e.g. two athletes up one end and two at the other. The first person starts with the baton, runs to the other end and passes it to the first runner there. They continue back and forth until the last runner crosses the finish line.
- Circular Relay – 4 x 100m and 4 x 400m. Four athletes per team, with each athlete having to run 100m or 400m around the track.
- Swedish Medley Relay – 1000m. Four athletes per team with each athlete running one of 100, 300, 200, 400m legs in that order.

What are the different passing techniques?

- Shuttle Relay—the baton is held vertically at the bottom. It is received at chest level with the receiver's arms outstretched and their hands creating the shape of a butterfly.
- Circular Relay—non visual downward pass. This is the safest pass. The receiver has their arm outstretched behind them with their palm facing up and thumb towards the midline of the body. The incoming runner places the baton downwards into the receiver's hand.
- It is best not to swap the baton from hand to hand whilst running.

Where must the baton be passed?

For 4 x 100m Circular Relays, there is a 30m takeover zone in which the baton must be passed. There is a 20m takeover zone for 4 x 400m relays. For the Swedish Relay, the 30m takeover zone for the 4 x 100m and 4 x 200m and 20m takeover zone for the 4 x 400m are used for baton passing.

What happens if the baton is dropped during the change?

If the baton is dropped, the athlete who dropped it must pick it up. Athletes may leave their lane to do this as long as they do not interfere with any of the other runners on the track. Once the baton has been retrieved, the athlete can return to their lane and continue with the race from the point at which the baton was dropped.

When will a team be disqualified?

- If the baton is thrown between runners.
- If the baton is not carried by hand the whole way.
- If an athlete interferes with any other competitors.
- If the baton is not changed in the 30 or 20m takeover zone.

What are some "Handy Tips" for conducting relays?

For Shuttle Relays, split the group up into even teams so only one race is run (i.e. three teams of ten athletes, or five teams of six athletes etc.).