
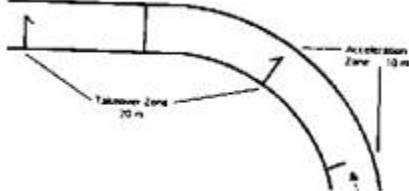
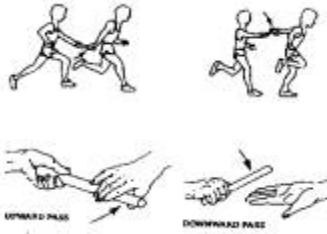

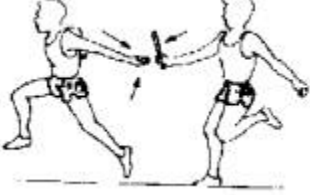



4 X 100M RELAY

by Fletcher McEwen

The 4 x 100 meter exchange is non-visual and is done at high speed; the aim is to maintain high baton speed throughout the race.

EVENT PHASE		
	<p>4 X 100m RELAY LAYOUT</p>	<ul style="list-style-type: none"> • First runner runs on inside of lane and holds baton in right hand, second runner runs on outside of lane and hold baton in left hand etc. • Leg lengths vary (1st ~105m, 2nd ~ 125m, 3rd ~ 125m, 4th ~ 120m)
	<p>CHANGE-OVER ZONE (20m) ACCELERATION ZONE (10m)</p>	<ul style="list-style-type: none"> • Baton must be exchanged in the takeover zone • Outgoing athlete waits in the acceleration zone • A single check-mark may be used, - usually 20-25 shoe-lengths from the acceleration zone
	<p>CHANGE-OVER TECHNIQUES</p>	<ul style="list-style-type: none"> • Upward Sweep: shorter free distance; less baton exposed; many consider safer • Downward Sweep: longer free distance; more baton exposed; used by experienced teams
	<p>PREPARATION</p>	<ul style="list-style-type: none"> • Incoming runner approaches at max speed • Outgoing runner on opposite side of lane, set for a quick start (on balls of feet) • Outgoing runner starts when incoming runner hits check-mark

	<p>ACCELERATION</p>	<ul style="list-style-type: none"> • Acceleration must be consistent • Outgoing runner does not look back • Incoming runner calls when ready to pass • Outgoing runner then extends hand backwards
	<p>TAKE-OVER</p>	<ul style="list-style-type: none"> • Incoming runner focuses on the hand of the outgoing runner & firmly places baton into it • Outgoing runner grips baton and runs on • Each athlete stays on own side of lane • Exchange is made 3- 5m from end of zone

Each individual runner should hold the baton in the same hand throughout the leg. The baton should never be changed from one hand to the other. The incoming runner is in control of the exchange.