

# Track and Field



## *The 4 x 100 m Relay*

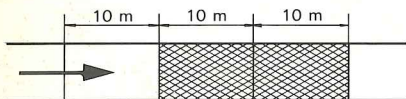


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## The 4 x 100 m Relay

A median line is drawn across each lane of the track 100 m, 200 m and 300 m from the start. Two more lines are drawn on either side of each median line and mark the zone in which the baton (a cylinder 30 cm long, with a circumference of 120 mm, and weighing 50 g) must be handed over. Another line, drawn 20 m in front of each median line, indicates the place from which the second runner can start running.



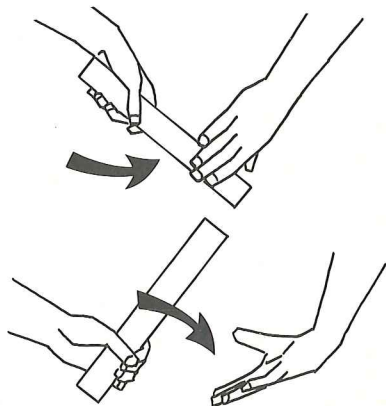
Line from which the second runner can start running.

median line  
change-over zone

The change-over can take place in two ways. The second runner can actually transfer the baton from one hand to the other. In this case, the first runner holds the baton in the left hand and puts it into the second runner's right hand, and he or she immediately transfers it to the left hand. The first runner therefore swerves to the right during the change-over. This way of passing the baton has the advantage of being safer

if all the relay runners are right-handed. The relay runners can avoid the need to transfer the baton from one hand to the other: the first runner holds it in the right hand and puts it in the second runner's left hand, the third receives it with the right hand, and the last runner with the left hand. This technique means that time need not be lost by the runners in transferring the baton from one hand to the other as they are running, but it also means that the sprinters must be ambidextrous.

The baton can be handed over in an upward or a downward movement.



*A judge on the right, a judge on the left: no mistake will get past them (1968 OG)*