

RELAYS



BASICS FOR LITTLE ATHLETICS

U/9 athletes and above compete in relays

4 x 100m	-	U/9 to U/17
4 x 200m	-	U/9 to U/11
4 x 400m	-	U/12 to U/17



BASIC RULES

- Relay teams comprise four athletes who exchange batons as they run around the track
- Relay batons must be handed between athletes in designated change over zones (20m long)
- It is the position of the baton that is observed by officials at the changeovers. It is the baton that must be within the changeover zones. The athlete does not necessarily have to have their body within the changeover zones
- If a baton is dropped, it must be picked up by the athlete who drops it (it is okay for that athlete to step into another lane to get it so long as it does not impede any other athletes)
- Athletes must remain in their lanes after baton changes
- 4 x 100m relay is run entirely in lanes – athletes in the same team must stay in their lane for the whole race
- Disqualification of the whole team will occur if:
 - The starting athlete exceeds the number of allowable false starts
 - If the baton is not passed within a change over zone
 - If the baton is dropped and not picked up by the athlete who dropped it
 - If a competitor deliberately interferes with an athlete in another team



Figure 1 - Communication is essential in relays



COACHING CUES

- Downward pass
 - The incoming runner places the baton firmly down into the receivers upturned hand
- 4 x 100m should have batons held in following hands to encourage more efficient change over on the bends
 - The first runner starts with the baton in their right hand
 - Second runner receives it in their left hand
 - Third runner receives in right hand
 - Fourth runner receives in left hand
- Resist changing the baton between hands when running
- Encourage good sprinting form (high hips, head straight ahead, bent arms etc)
- Athletes should run as fast as possible throughout the change over
- Avoid slowing down or stopping to pass the baton
- With older more experienced athletes, person waiting to receive the baton should start behind the first change over line and accelerate before the person passing the baton gets to them This way both athletes are running within the changeover zone when the baton is handed over
- The receiving athlete should be looking ahead just before receiving the baton
- Athletes should not look back once baton is in your hand
- Pass baton from right hand of passer to left hand of receiver
- Receiver has arm straight back with palm facing up for baton to be placed on
- Last runner needs to run through the finish line (not stop before the line)
- Learn to call GO when handing baton over



Figure 2 - Downward baton change

IDEAS FOR DEVELOPING BASIC TECHNIQUE

- Practicing baton change overs using cones
- Practice baton change overs by walking and then jogging before running
- Shuttle relays, box relays or other fun relay activities
- Try to encourage athletes to learn to receive either hand
- Practice baton changes on a bend as well as straight
- Practice yelling GO when handing baton over



Figure 3 - Keep looking ahead as you receive the baton