4 x 100 Relay Key Concepts

1) **Goal – to move baton around the track as fast as possible.**

2) **Keep the baton in the middle of the track.**
   i) 1st & 3rd runners run in the left (inside) of the lane
      (1) Receive/hold the baton in their right hand
   ii) 2nd & 4th runners run in the right (outside) of the lane
      (1) Receive/hold the baton in their left hand
   iii) Outgoing runner MUST WAIT to stick out hand for exchange until the incoming runner say "stick" or some other verbal cue.
   iv) Those receiving baton should NEVER LOOK BACK!!!

3) **Relay Zones: 30m Exchange Zone.**
   a) Must receive baton in the Exchange Zone.
   b) Typically outgoing runners set up near the beginning of "Acceleration" Zone
   c) Exchange baton as late as safely possible – ¾ of the Exchange Zone
   d) Note: in a race incoming runners will be going faster than in practice

4) **Outgoing Runner**
   i) Measure 18 – 24 steps from start of Acceleration Zone and place a marker. Measure five more steps back to create the **Go Area**.
   ii) Go when incoming runner's torso enters the Go Area
   iii) START when the incoming runner's torso enters the "Go Area"
   iv) PUSH THROUGHT THE ZONE! / NEVER LOOK BACK!

5) **Incoming Runner**
   i) Don't slow down – push hard to catch outgoing runner
   ii) Give a verbal cue to start the exchange
      (1) Don't give cue until you can safely reach extended arm
      (2) Pass when outgoing runner extends arm and hand is in place
   iii) Stay in Lane until all other teams have completed their passes

6) **Exchange**
   i) On verbal cue, outgoing runner extends their receiving hand (using relay type below) to create a U or V
   ii) Firmly place baton in hand and hold until the outgoing runner grasp the baton

7) **Relay Types**
   i) Overhand Downsweep Pass
   ii) Push Pass
   iii) Underhand Upsweep Pass

Distance of Each Runner (3/4 Zone)
   b) 1st Leg
      i) 105 running + 0 Acceleration = 105
   c) 2nd Leg
      i) 100 running + 25 Acceleration = 125
   d) 3rd Leg
      i) 100 running + 25 Acceleration = 125
   e) 4th Leg
      i) 95 running + 25 Acceleration = 120