



RELAYS

Preparation for Event

- Ensure that all aspects of the Track and Takeover zones are safe for athletes.
- Ensure the athletes are aware of the Takeover zone in which the baton must be passed.

Definitions

- **Takeover zone:** 30mts in length, in which the baton must be passed for the 4x100, 4x200 and 1st & 2nd change of the Medley. For the 3rd change in the Medley, they are 20mts in length.
- **Check Mark:** A marker placed within a lane, clear of the lines to assist the athletes. These can only be used in laned changes.
- **Breakline:** The point where the athletes may leave their respective lanes (2nd runner in Swedish Medley and 3rd runner in the 4 x200).

Equipment

- **Baton:** smooth hollow tube, circular in cross section, made of a rigid material.
- **White Flags or approved method:** White flag to signal 'all clear'
- **Yellow Flags or approved method:** To indicate 'infringement' has taken place.

Officials Required

- Officials at each end of the Takeover zone are referred to as Takeover zone Umpires. The more Takeover zone Umpires available, the easier it is to officiate, as athletes are spread across 8 lanes and regularly arriving/leaving the Takeover zone together.

General Rules

- The baton must be carried in the hand during the event, no gloves or substance to achieve a better grip is allowed.
- Athletes commence running from inside the Takeover zone. The baton passing takes place within the Takeover zone. The position of the baton is decisive, not the athlete's body, head, feet or legs.
- If the baton is dropped, it must be picked up by the athlete, who dropped it, not by another athlete in the same team or any other person.
- Assistance to athletes in the form of pacing, pushing off or other methods is not allowed and may lead to team disqualification.
- Athletes are not to run more than one section (leg) of a relay.
- Only in those sections (legs) run in lanes, athletes may use a check mark.

Laned & Unlaned Takeover zones

Laned (4x100, 1st & 2nd changes in 4x200 & 1st change in Swedish Medley)

- The passing of the baton commences when both athletes are in contact with the baton – this contact must occur inside the Takeover zone and is completed when the baton is in the hand of the receiving athlete only. The passing of the baton must not occur outside the takeover zone.
- Athletes should remain in their lanes after passing the baton until the track is clear to avoid obstructing other athletes.

Unlaned (2nd & 3rd changes in Swedish Medley & 3rd change in 4x200)

- Athletes are lined up in lane draw order (inside to out) on a line **three** metres inside the beginning of the Takeover zone. The line is indicated by the placement of cones on the inside and outside of the track.
- The awaiting athletes must maintain their order and must not exchange positions at the beginning of the takeover zone.

Note: Officials are not to physically assist athletes during unlaned changeovers; however, they are there to direct the athletes.

Position of Breaklines

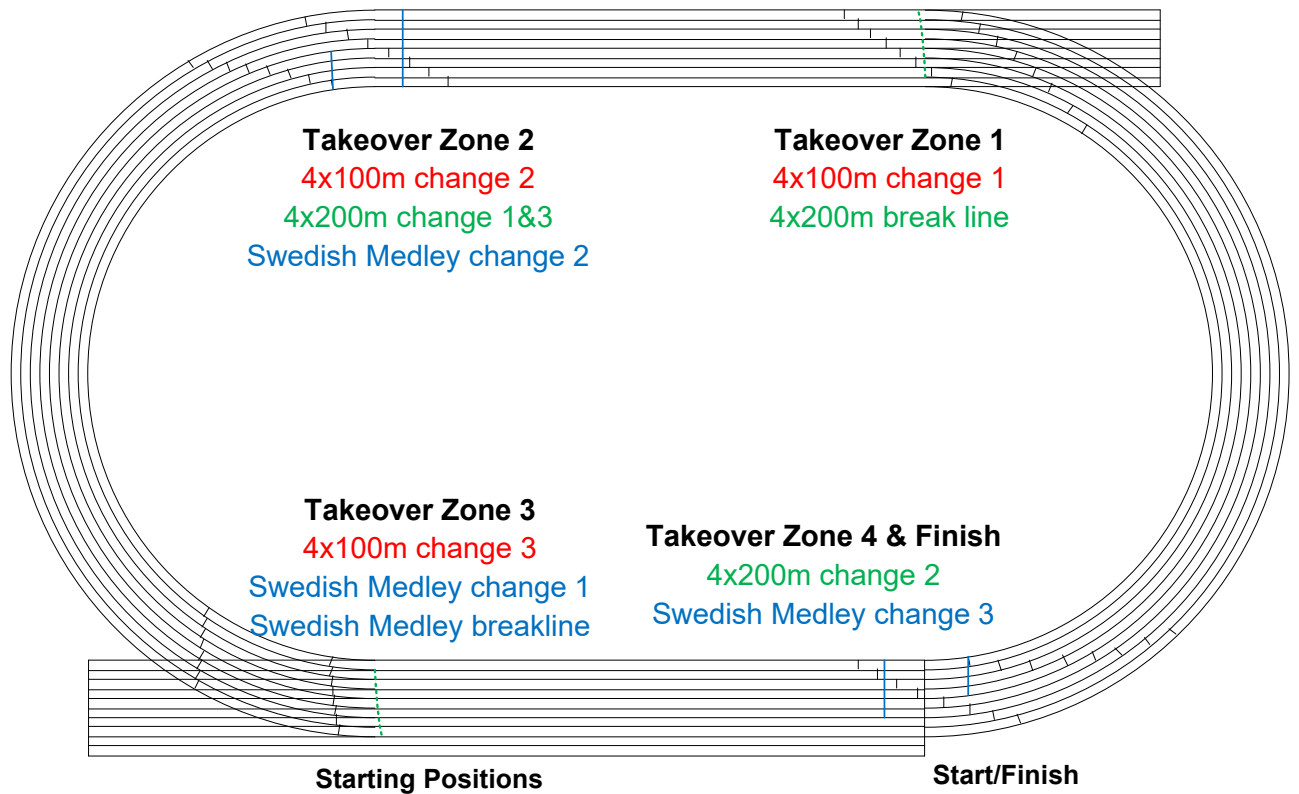
- The position of the breakline is different depending on the event:
 - **4x200m:** at the beginning of the back straight on the third leg of the event.
 - **Swedish Medley:** at the beginning of the front straight on the second leg of the event.

Reporting Procedures for Officials

- If an infringement is noted at a Takeover zone, the Official/Umpire will raise a yellow flag or approved method and report it to the Referee. Any infringements observed by Officials should be noted on a pre-printed form and collected by the Referee to adjudicate on the infringement.



Start – Swedish Medley



4x100m – on 400m start lines.
 4x200m – on 4x400m start lines.
 Swedish Medley – on 200m start lines.

