

# A VOLUNTEERS GUIDE TO THE 4X100M RELAY

In the relay, competitors run individual legs while carrying a baton that must be passed to the next runner. Rules exist regarding the areas in which a baton changeover can occur.

## THE PROCESS

- 1 Ensure that all areas of track and changeover zone are safe for children.
- 2 Let the children know of the area in which the baton must be changed over. U11-15 children can commence running from within the changeover zone.
- 3 The baton change takes place within the changeover zone. It is still ok if the child is 'out' of the zone but the baton is 'in' at the moment of the change.
- 4 Raise a red flag to signal if the change over has taken place outside of the changeover zone. Raising a white flag indicates that the changeover has been made according to the rules.
- 5 Advise children to avoid obstructing other runners in laned event after handing over the baton. Children should remain in their lanes until the track is clear.

## EQUIPMENT

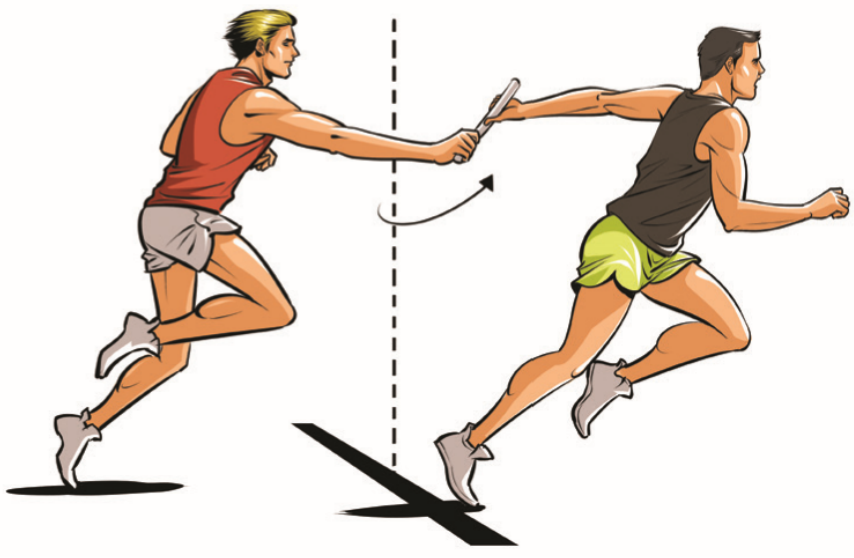
- Batons
- Flags - red to indicate infringement, and white to indicate an 'all clear'.



## DEFINITIONS

**Acceleration and Changeover zone** - Previously two separate areas, the acceleration and changeover zones are now housed in one 30m space. Competitors can accelerate within the zone before receiving the baton.

# CHANGEOVER ZONES



In the changeover zone, it's the position of the baton that matters as to whether the change is legal or not.

The baton must change hands between the start and finish of the changeover zones.

## GENERAL RULES

- The baton shall be carried in the hand during the event.
- The baton passing takes place in a 30m changeover zone.
- The position of the baton determines whether a change was in or out.
- The receiving athlete must commence running from within the takeover zone.

### If the baton is dropped

- It must be picked up by the competitor who dropped it.
- Competitors may leave their lane to retrieve a dropped baton, as long as they don't interfere with another team.
- Once the baton has been retrieved, the competitor can return to their lane and continue with the race.

