A VOLUNTEER'S GUIDE TO RELAYS

THE EVENT

Relays are team races where athletes carry and pass a baton between runners. Volunteers help ensure fair competition by supervising takeover zones and observing baton changes.

PROCESS & KEY RULES

- A relay team typically consists of four athletes, each completing one leg.
- The baton must be carried for the entire race.
- Baton exchanges must occur within a designated takeover zone.
- The baton, not the athlete, determines whether the exchange is legal.
- If the baton is dropped, it may be retrieved by the athlete who dropped it, provided other teams are not impeded.
- Athletes must remain in their allocated lane, where required.

BEFORE

- Check the track is clear and takeover zones are safe.
- Confirm team and lane allocations.
- Provide each team with a baton.
- Ensure each runner understands their change positions.

DURING

- Observe baton changes.
- Monitor takeover zones.
- Watch for lane infringements.
- Observe the finish and record placings and times.

AFTER

- Collect relay batons.
- Confirm results have been recorded.
- Prepare the track for the next event.
- Return equipment.

A VOLUNTEER'S GUIDE TO RELAYS

ADDITIONAL SUPPORT & FAQS

Personnel: Starter, track officials, changeover zone judges, place judges, and timekeepers are the primary roles required.

Equipment: Includes relay batons, lane markers, starting equipment, and timing equipment.

Age Variations: Relay distances and formats vary by age group. Refer to rules and regulations for current requirements.

Safety: Ensure all incoming and outgoing runners remain clear of other lanes during baton changes.

Common Faults: Baton change outside the takeover zone, lane infringements, impeding another team, incorrect athlete collecting a dropped baton.

ADDITIONAL RESOURCES

These guides serve as templates for event conduct, recognising that Centres may adapt procedures based on available resources, personnel, and equipment.

LAVic also provides additional resources for volunteers, helpers, and officials, including short multilingual videos in English, Punjabi (ਪੰਜਾਬੀ), Sinhala (සිංහල), and Mandarin (普通话).

To access these, discipline specifications, and other useful resources scan the QR code!

SCAN ME!

These guides are intended as a template for the conduct of events only, noting that individual Centres will have varying operating procedures based largely on available resources, including personnel and equipment.