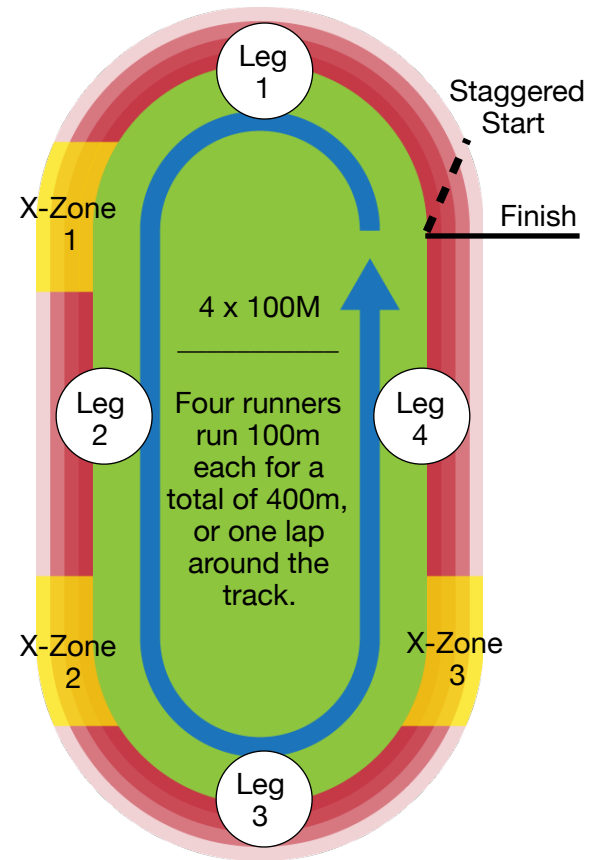


# Relay | 4 x 100-meter

Relay races test speed, team work and timing. Teams of 4 runners work together to move a relay baton around the track as fast as possible. Runners take turns carrying the baton for an equal distance or “leg” of the race. It is transferred from one runner to the next in designated exchange zones. Common relay races are the 4x100m and the 4x400m. We will be running the 4 x 100m.

- ◆ **Start:** Staggered start with assigned lanes. Teams will maintain their lane assignments throughout the race.
- ◆ **Runners:** The order of runners in a relay requires strategy. The first runner is a fast starter and strong curve runner. The second and third runners must excel at both passing and receiving the baton. The last runner, or anchor, is usually the team’s fastest runner who can sprint under pressure.
- ◆ **Acceleration zone:** The outgoing runner has 10 meters to get up to racing speed prior to entering the exchange zone.
- ◆ **Exchange zone:** Runners must pass the baton within the exchange zone or the team will be disqualified.
- ◆ **Baton Exchange:** We will use *visual* exchanges where both runners can watch the baton pass between hands. The outgoing runner extends his/her hand back with the palm facing up. The incoming runner uses a downward motion to transfer the baton.



**Outgoing Runner**  
Starts running when incoming runner approaches

**10-meter Acceleration Zone**  
Allows the outgoing runner to get to racing speed before baton is passed

**Disqualification**  
If the baton is passed outside of the exchange zone

**Exchange Zone**  
Baton can be passed anywhere in this zone - ideally about 5-meters before the end

## World Records in the 4x100m Relay

Division	Time	Name	Division	Time	Name
Women	40.82	U.S.A.	Men	36.84	Jamaica
Girls 9-10	52.91	Miramar Optimist TC	Boys 9-10	51.63	Miami Metro Dade
Girls 11-12	49.08	Oakland PAC	Boys 11-12	47.54	Dallas Blaze
Girls 13-14	46.58	Quiet Fire	Boys 13-14	43.25	Florida Elite Track Club

# How to Practice At Home

## Helpful Drill - Pass the Baton

For this drill you will need 2-3 people: Runner 1 (the incoming runner), Runner 2 (the outgoing runner), and a time keeper (optional). Be sure to switch roles throughout the drill.

The object of a relay race is to move the baton from the start to finish faster than any other team. Fast running is important, but so are efficient baton passes. **Don't forget, the baton must be passed within the 20-meter exchange zone or the entire team will be disqualified.**

### First set up a race course with an exchange zone:

- ◆ Determine your start and finish lines
- ◆ Mark off a 20-meter zone in the middle of your course with cones on either end. If you don't have cones, just use something that's easy for everyone to see.
- ◆ Place another set of cones 10 meters before the exchange zone to represent the acceleration zone.

### Practice Passing the Baton

- ◆ Runner 1 stands at the starting line.
- ◆ Runner 2 stands at the beginning of the acceleration zone.
- ◆ The time keeper shouts "On your mark.... Get Set..... GO!" and starts timing.
- ◆ Runner 1 runs to Runner 2. As Runner 1 approaches the acceleration zone, Runner 2 starts running.
- ◆ When Runner 1 gets to the exchange zone and within reach of Runner 2, he/she yells "stick!"
- ◆ Runner 2 continues running, but reaches back with the left hand (palm up) to receive the baton.
- ◆ Runner 2 runs to the finish line.
- ◆ The time keeper stops the clock at the finish line and records the time.
- ◆ Repeat this drill several times and try to make the exchange faster and faster.

### Experiment with different acceleration zone techniques.

- ◆ Try having Runner 2 start accelerating earlier or later (5, 10, 15 meters before Runner 1 arrives at acceleration zone). Use cones or other markers to help Runner 2 determine when to start running.
- ◆ Try accelerating at different speeds and see what happens.

**REMEMBER:** Your focus should be on passing the baton quickly and efficiently, not on your actual racing speed. You should be running at a slower, controlled pace that you can maintain for several trials of this drill.

## Equipment

### DIY | Make your own Relay Baton

Material List:

- ◆ 1" diameter 200 Class PVC Pipe

How To:

- ◆ Cut the PVC pipe into 11-1/2" - 12" lengths with a saw or pipe cutter
- ◆ File the ends of the PVC baton down so there are no rough or sharp edges