



### **4X100 RELAY**

- START IS AT 400M START (TYPICALLY WHITE LINE)
- ALL RUNNERS STAY IN THEIR LANE FOR ENTIRE RACE



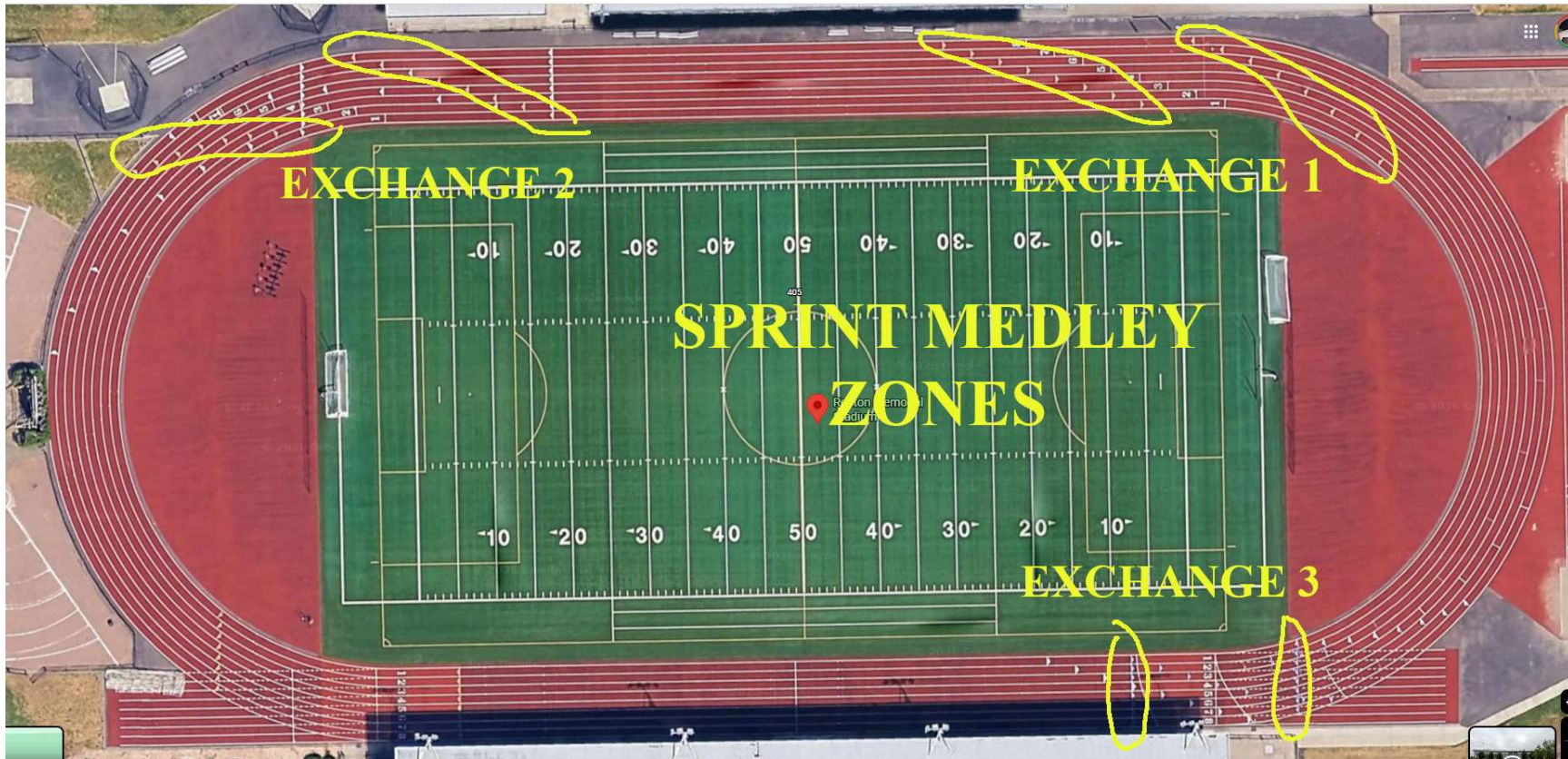
### **4X200 RELAY**

- START IS AT 400M START (TYPICALLY WHITE LINE)
- FIRST AND SECOND RUNNERS STAY IN THEIR LANE
- THIRD RUNNER CAN CUT IN AS SOON AS RECIEVES THE BATTON. MUST HAVE 2 STRIDE LEAD AND NOT IMPEDE WHEN CUTTING IN.
- 4<sup>TH</sup> RUNNERS LINED UP IN ORDER THAT TEAM COMES AROUND CURVE.



## **4X400 RELAY**

- START IS AT 400M START (TYPICALLY WHITE LINE)
- FIRST RUNNERS STAY IN THEIR LANE
- SECOND RUNNER CAN CUT IN AS SOON AS RECIEVES THE BATTON. MUST HAVE 2 STRIDE LEAD AND NOT IMPEDE WHEN CUTTING IN.
- 3<sup>RD</sup> AND 4<sup>TH</sup> RUNNERS LINED UP IN ORDER THAT TEAM COMES AROUND CURVE. MAY MOVE IN ONCE THEY HAVE BATTON AND A LEAD



### **SPRINT MEDLEY (SMR) RELAY – 100, 100, 200, 400**

- START IS AT 400M START (TYPICALLY WHITE LINE)
- FIRST, SECOND RUNNERS AND THIRD UNNERS STAY IN THEIR LANE
- 4<sup>TH</sup> RUNNERS CAN CUT IN AS SOON AS RECIEVES THE BATTON. MUST HAVE 2 STRIDE LEAD AND NOT IMPEDE WHEN CUTTING IN.