RELAYS

What are the different types of relays?

- **SHUTTLE RELAY** - (standard event for U6) - athletes line up opposite one another e.g. 4 athletes up one end, 3 at the other. The first person at one end starts with the baton, runs to the other end and passes it to the first runner there. They continue back and forth etc.
- **CIRCULAR RELAY** - 4 x 100m, 4 x 200m and 4 x 400m. Four athletes per team, with each athlete having to run 100m, 200m or 400m around the track.

What are the different passing techniques?

- **SHUTTLE RELAY** - the baton is held vertically at the bottom. It is received at chest level with the receiver's arms outstretched and their hands creating the shape of a butterfly.
- **CIRCULAR RELAY** - Non visual downward pass. This is the safest pass. The receiver has their arm outstretched behind them with their palm facing up and thumb towards the midline of the body. The incoming runner then places the baton downwards into the receiver's hand.

Where must the baton be passed?

CIRCULAR RELAYS - For 4 x 100m and 4 x 200m relays there is a 30m change over zone in which the baton must be passed. For 4 x 400m (and middle distance relays) the change over zone is 20m.

What happens if the baton is dropped during the change?

If the baton is dropped, the athlete who dropped it must pick it up. Athletes may leave their lane to do this as long as they do not interfere with any of the other runners on the track. Once the baton has been retrieved, the athlete can return to their lane and continue with the race. Provided this is done within the change-over zone, there will be no disqualification.

When will a team be disqualified?

- If the baton is thrown between runners
- If the baton is not carried by hand the whole way
- If an athlete interferes with any other competitors
- If the baton is not changed in the change-over zone

HANDY TIPS & TRICKS

- For shuttle relays, split the group up into even teams so only one race is run. (ie 3 teams of 10 athletes, or 5 teams of 6 athletes etc)