

Athletics Australia Memorandum

To: Member Associations & Competition Officials
From: Andrew Matthews, Competitions Manager
Re: Swedish Medley Relay (100m, 300m,200m,400m)
Date: 5th August 2013

The IAAF has recently amended the rules of the Swedish Medley Relay to allow the event to be conducted in the format 100, 300, 200, 400 when the track is not marked for its original format. Except in rare cases, Australian tracks do not have specific marks for the start of the Swedish Medley Relay in the standard format.

As this change avoids the congestion and interference that was often evident at the second change, Athletics Australia has adopted this new format for all Australian competitions and Championships for which this relay is conducted. This includes the **Australian All Schools** and **Australian Schools Knockout National Final** in December 2013.

To maintain continuity, the event shall now be conducted at **all competitions in Australia as 100,300,200,400**. Member Associations should adopt this running order for all competitions including most importantly, State Knockout Championships.

An elaboration of the rules for this relay is included on the following page.

Any questions can be directed to Andrew Matthews at andrew.matthews@athletics.org.au

Elaboration of New Swedish Medley Rules

The Swedish Medley Relay is conducted over 1000 metres and involves legs of 100, 300, 200 & 400 metres.

Runner 1 (100m) - The race begins at the 200 metres start, and the first runner runs 100m entirely in their lane.

Runner 2 (300m) - The second runner receives the baton within the third 4x100 change over zone. The second runner may use the acceleration zone. Once athletes enter the straight, they may cut across to run on the inside.

Runner 3 (200m) - The third runner commences at the 200 metres start point within the unlaned 4x200 change zone. There is **no** acceleration zone. Athletes are lined up in the changeover zone based on the order of their teams position as they cross the finish line. Once placed in order by the competition officials, they may not change order.

Runner 4 (400m) - The final change over occurs in the 4x400 change zone. There is **no** acceleration zone. Athletes enter the changeover zone based on the order of their teams position as they reach the 200m to go point. Once placed in order by the competition officials, they may not change order.

NOTE: only the first leg is run in lanes. Thereafter, each athlete is entitled, (subject always to the rules of obstruction and interference) to run in lane 1.

