TRACK RELAYS

**TRACK MARKING**

(i) Each change-over zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.

(ii) Lines 5cm wide shall be drawn across the track to mark the distances of the Zones and to denote the scratch line.

(iii) The zone centre lines of the first change-over zones for the 4 x 400m are the same as the start lines for the 800m run in lanes.

(iv) The change-over zones for the second and last take-over in the 4 x 400m will be the 10m lines either side of the start/finish line.

**BATON**

(i) The baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall not be more than 30cm and not less than 28cm and shall not weigh less than 50gms.

(ii) The baton with a diameter of 30mm will be used by competitors up to and including U12 and the baton with a diameter of 50mm will be used by competitors above and including U13.

**THE RACE**

(i) If the first competitor employs a crouch start it is permissible for the baton to touch the ground forward of the start line.

(ii) The baton shall be carried by hand throughout the race. If dropped, it shall be recovered by the competitor who dropped it. She/he may leave his lane to retrieve the baton provided that, by doing so, she/he does not lessen the distance to be covered. Provided this procedure is adopted and no other competitor is impeded, dropping the baton shall not result in disqualification.

(iii) In all relay races, except as provided for in rule (iv) below, the baton shall be passed within the change-over zone. The passing of the baton commences when it is first touched by the receiving competitor and it is completed the moment it is
in the hand of the receiving competitor only. Within the change-over zone, it is only the position of the baton which is decisive, and not the position of the body or limbs of the competitors.

(iv) In the U8, U9 and U10 relay races the baton must be carried by each of the four competitors in the team. At the change-over zone the second, third and fourth competitors will be placed inside the zone by the officials and the baton can be changed at any point. There will be no limit on the changeover length. No disqualification shall occur for passing the baton out of the change-over zones.

Note: The spirit of the rule is to enable younger competitors to learn the art of baton passing without the pressure of disqualification should they reach back and take the baton before the change-over zone or run forward and not complete the pass before leaving the change-over zone. Abuse of the spirit of the rule may result in disqualification.

(v) Competitors, after handing over the baton, should remain in their lanes or zones until it is clear, to avoid obstruction of other competitors. Should any competitor willfully impede another competitor by running out of position or lane at the finish of his leg, he is liable to cause the disqualification of his team.

(vi) Assistance by pushing-off or by any other method will result in disqualification.

(vii) Progression from heats to finals will be as follows:

a) Two (2) heats – the first three (3) and the next two (2) fastest

b) Three (3) heats – the first two (2) and the next two (2) fastest

4 x 100m RELAY

(i) 4 x 100m relay races shall be run entirely in lanes.

(ii) a) In the 4 x 100 relay race check marks supplied by WALA may be used.

b) A competitor may place one check-mark on the track within his own lane.

(iii) Any competitor willfully moving another competitors check marker may be subject to disqualification.
Members of a team other than the first competitor may commence running not more than 10m outside the change-over zone which is referred to as the acceleration zone. A distinctive mark shall be made in each lane to denote the commencement of the acceleration zone.

4 x 200m & 4 x 400m RELAY

(i) In the 4 x 200 the 4th competitor shall, under the direction of a designated official, place themselves in their waiting position from lane 1 out, in the same order as the order of their respective team members as they cross the break line entering the back straight. Once the incoming competitors have passed this point, the waiting competitors shall maintain their order, and shall not change positions.

(ii) The entry to the back straight is known as the break line.

(iii) 4 x 200m and 4 x 400m relay races shall be run in lanes for approximately the first 520m after which competitors may cut into the inside lanes immediately after they have passed the break line ensuring that they do not obstruct or interfere with other competitors.

(iv) In 4 x 200m and 4 x 400m relay races the 2nd, 3rd and 4th competitors shall begin running from within their change-over zones. Commencing to run outside of the change-over zone is allowed and will not result in disqualification.

(ii) In the 4 x 400 the 3rd and 4th competitors shall under the direction of a designated official, place themselves in their waiting position in the same order as the order of their respective team members as they pass the 200m start line. Once the incoming competitors have passed this point, the waiting competitors shall maintain their order, and shall not change positions.

(vi) 4 x 400 as long as the baton is changed within the box there will not be disqualification for any line fault.

ENTRIES

(i) U8 to U15 - One team per age per gender per centre can be nominated to compete. U16 & U17 will combine and enter as an U17 team. Centres may enter as many U17 teams as they wish but only the team with the highest points will be counted in the overall point count.

(ii) The priority of a Centre is to nominate a track relay team before a field relay team.
(iii) The entry fee for the Track Relays will be $8.00 per team per event.

(iv) When nominations are entered and it is known that the event will be a straight final due to insufficient teams then this event will be run at the final time. Centres will advised beforehand and will be responsible for informing the athletes concerned.

(v) Relay races which are conducted are:-

4 x 100m U8 – U17 Boys and Girls
4x 200m U8 – U10 Boys and Girls
4 x 400m U11 – U17 Boys and Girls.

(vi) a) Competitors must compete only in their age groups. If any Centre has less than five (5) registered competitors available in any age group, that Centre may, after being granted permission by the Board of Management, promote an competitor from the age group immediately below. This competitor may then only compete in that age group for this Competition.

b) The U16 & U17 4 x 400 and 4 x 100 may be a combined age group of U16 & U17 athletes as long as they are of the same sex and will compete in the U17 age group.

(vii) Competitors may only compete in Track Relays or Field Relay not both. Each team shall consist of 5 five members and Centres are able to run any 4 in any race at their discretion. Medals, where applicable are awarded to all team members.

(viii) Spikes must not be worn by competitors. Shoes are compulsory.

(ix) The name of competitors in each event must be submitted to the Controller of Officials no later than 9am on the morning of the competition.

(x) If there are insufficient teams for more than one heat then the heat will become the final and will be run at the heat time scheduled.

(xi) Points will be awarded in the finals with first place receiving 8 points, second receiving 7 and so on.
The Centre with the highest overall points at the conclusion in the boys and girls will receive a perpetual trophy.

**COLOUR CODE FOR START AND CHANGE-OVER LINES**

<table>
<thead>
<tr>
<th>Event</th>
<th>Start Line</th>
<th>Change Box Line</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 x 100 metres</td>
<td>White (Full Line)</td>
<td>Yellow (Full Line)</td>
</tr>
<tr>
<td></td>
<td>Run In Red (Full Line)</td>
<td></td>
</tr>
<tr>
<td>4 x 200 metres</td>
<td>White/Blue/White (Dash)</td>
<td>Blue (Full Line)</td>
</tr>
<tr>
<td></td>
<td>Change Box Blue</td>
<td></td>
</tr>
<tr>
<td>4 x 400 metres</td>
<td>White/Blue/White (Dash)</td>
<td>Blue (Full Line)</td>
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<tr>
<td></td>
<td>Change Box Blue</td>
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