

Name: Physical Education Dept

Class: 8

Date: April 6 - 10

Subject: Physical Education

Topic: Track & Field

Sub-Topic: Relays

### Relays

Relay running is a type of running race in which athletes compete as a team, rather than as individuals. A relay team consist of four sprinters, each athlete will run a pre-set distance carrying a baton before passing it onto the next runner. The ultimate goal of the relay is to move the baton around the track and across the finish line in the fastest way possible without getting disqualified. The two most common relay races in track and field are:

1. 4 x 100m
2. 4 x 400m

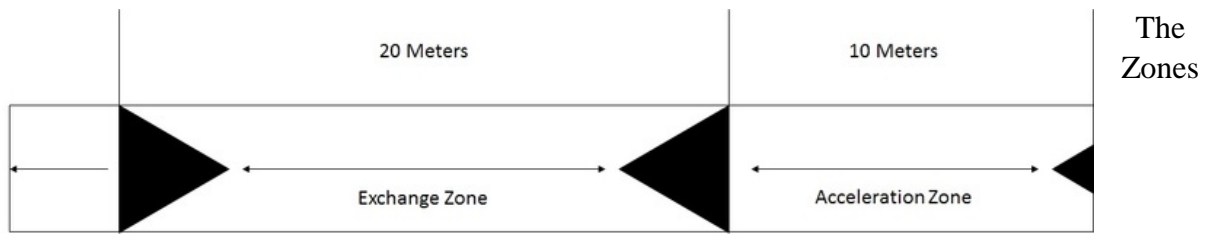
### How does the Relay Work?

The relay consists of four people. A team with four decent sprinters can out-race a team with four better sprinters by beating the faster team in the exchange zones. The initial runner (first runner) in the 4 x 100 relay begins the race in the starting blocks. The next three runners receive the baton via exchanges. The exchange zones are 20 metres long and are preceded by a 10-meter acceleration zone. The receiver begins running in the acceleration zone, but the baton can only be passed within the exchange zone. In the relay, runners do not switch hands when carrying the baton. Therefore, if the first runner holds the baton in the right hand, the second runner will receive the baton in the left hand, the third will receive and carry the baton in the right hand and the final runner will handle it in the left hand.

### Zones

The Acceleration Zone – is a 10meter segment on the track where an outgoing runner may accelerate before receiving the baton from the incoming runner. The acceleration zone leads up to the changeover zone which allows the athlete who is going to receive the baton to start and pick up speed. NOTE: The baton **cannot** be exchanged in the acceleration zone. The acceleration zone is identified by a small triangle on the track

The Exchange Zone – is a 20meter segment where the exchange will occur, and the baton must switch hands from the incoming runner to the outgoing runner. If the baton is not exchanged from the incoming runner to the outgoing runner within this 20meter space, that team will be disqualified. The exchange zone is identified with two large painted triangles.



### Passing and Receiving the Baton.

For a matter of consistency, handoffs and baton-in-hand placement athletes should follow this definitive pattern

1. 1st leg- Right Hand
2. 2nd leg- Left Hand
3. 3rd leg- Right Hand
4. 4th leg- Left Hand

Under no circumstance should a baton be switched to a different hand or moved during a race. During the race, the baton should be firmly gripped towards the bottom to avoid accidental drops and to give the outgoing runner room to take the baton.



### Types of Baton Exchange

There are two (2) types of baton exchange:

1. **Visual**
2. **Non-visual**

**Visual Baton Exchange** is the process where the outgoing runner looks back for help at the incoming runner while handing over the baton. It relies on a cue to understand when and where the baton will be passed. This type of exchange is frequently used in relays of longer distances (4 X 400m) because the runners is not required to be at top speed by the time he receives the baton.

**Type in the link below and watch the videos**

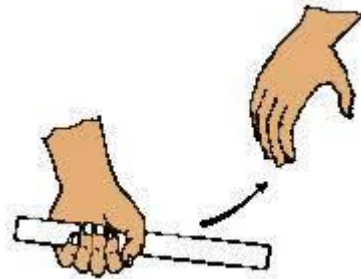
<https://www.youtube.com/watch?v=t8acYLuA3M0>

<https://www.youtube.com/watch?v=sj0h1pp3k1o>

**Non-visual Baton Exchange** means that the runner who is going to receive the baton will not see the baton placed into his or her hand. Non-Visual Exchanges or hand-offs are commonly used in 4x100m relays. There are three types of non-visual exchanges: the up sweep, down sweep and push pass.

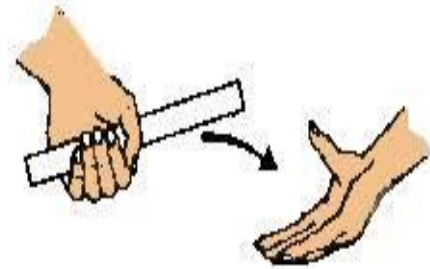
### **Up-sweep Technique**

The receiving hand is extended behind them at hip height with the palm facing down and a wide angle between the thumb and the rest of the fingers. The incoming athlete passes the baton in an upward movement into the receiving hand. The advantage of this method is that this is a normal position for the receiving hand. A disadvantage is that it may require some manipulation of the baton in the hand to make the next exchange safely.



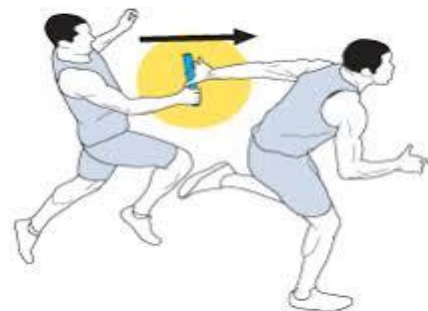
### **Down-sweep Technique**

The receiving hand is extended behind them at hip height with the palm facing up and a wide angle between the thumb and the rest of the fingers. The incoming athlete passes the baton in a downward movement into the receiving hand. The advantage of this method is that it will require no manipulation of the baton to safely make the next baton exchange. A disadvantage is that it is not a natural position of the outgoing athlete's hand to receive the baton.



### **Push- Pass Technique**

The outgoing runner's arm is extended out behind them parallel to the ground and the hand is open with the thumb pointing down. The incoming runner holds the baton vertically and pushes it straight into the open hand.



### Executing 4 X 100m Relay

In a 4 X 100m relay while using the non-visual baton exchange, during the exchange, the outgoing athlete must keep in mind that he or she does not have to look at the incoming runner once they have begun to run. The incoming athlete will call '**Hand**' when in a position to safely pass the baton. The outgoing athlete reaches back with the left or right hand and the incoming athlete places the baton into the hand completing the exchange.

- The first runner (Lead-off leg) runs on the **inside of the lane**, carrying the baton in the **right hand** and passes the baton to the 2nd runner with the same hand. Needs to get a good start, be good out of the blocks and can hand off well.
- The second runner (second leg) receives the baton in the **left hand** and runs closer to the **outside of the lane**, passing the baton to the next runner with the same hand. Needs to be good at receiving and handing off.
- The third runner (third leg) receives the baton in the **right hand** and runs close to the **inside of the lane**, passing the baton to the next runner with the same hand. Needs to be good at receiving and handing off. Must be a good curve runner.
- The fourth runner (fourth leg/ Anchor) receives the baton in the **left hand** and runs in the **outside of the lane** finishing the race. Must be good at receiving the baton and run well under pressure. It is important to have a strong finisher with a very high competitive spirit.

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OUTSIDE OF LANE – Receive and pass with left hand

INSIDE OF LANE – Receive and pass with right hand

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#### Activity1

1. Define physical education
2. Define relay as it relates to track and field.
3. What is the distance of the track?
4. Explain in your own words the purpose of the exchange zone on the track.
5. If an athlete is in the acceleration zone, is he/she allowed to receive the baton from the incoming runner.
6. What is the distance of the exchange zone?
7. How many runners are there on a team for the relay race?
8. Explain the two types of exchange used in track and field.
9. Brianna is the second runner, which hand should she hold the baton with when receiving the baton?
10. Give another name for the fourth leg runner.
11. Explain in your own words the positioning of the athletes on track when transferring the baton during a 4 X 100m relay.

12. Name the three techniques that are used for transferring the baton during a relay race.
13. Explain in your own words one (1) of the technique.

### Activity 2

1. Practise the down-sweep technique with a family member(s).
  - Form a line
  - One person stands behind the other person
  - Stand 2 shoulder length apart.
  - Each person should flex their elbows and swing their arms
  - Person standing behind should have the baton.
  - Person behind must shout "Reach"
  - Person in-front should extend arm behind and collect the baton.

**Type in the link below and watch the videos**

<https://www.youtube.com/watch?v=uYgipxoSWAI>

<https://www.youtube.com/watch?v=Qy5DRMXfjA0>

<https://www.youtube.com/watch?v=FooPvpmACto>