

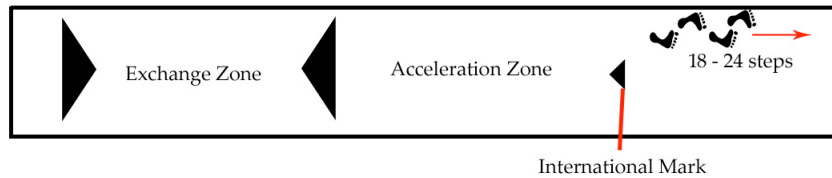
Preparing and Perfecting the Relays

- I. Marks and Steps
 - A. See exchange zone sheet.
- II. Hand placement and Spacing
 - A. 4x100 and 4x200 – Hand flat, thumb down, arm back and out.
 - B. Shoulders straightforward, stay tall and in an efficient sprinting position.
 - C. Incoming runner must see the target before extending baton for the pass.
 - D. If too much separation occurs, do not run with arm extended; continue pumping arms and sprinting until target is in striking distance.
 - E. Focus on the target hand. “Clear the mechanism”
 - F. Better to be bunched than to have too much spacing.
 - G. Do not switch hands unless you are the anchor and had to secure the baton. If securing the baton make sure to keep in receiving hand.
 - H. Your relay runners must be aggressive in the zone. Tell incoming runner to run up on outgoing runner, and outgoing runner to leave incoming runner. If both runners accomplish this, than desired spacing will occur.
- III. Push
 - A. When target hand is out, push the baton into hand and share responsibility of the transfer. “Glass of Water”
 - B. Both runners will have possession of the baton briefly to safely secure and transfer the baton.
- IV. Lane Sharing
 - A. Critical for maximum speed of both runners during hand off to share lane properly.
- V. Make the most of your splits
 - A. Find their gift. Curve running, straightaway, running from behind, running with a lead, being in the mix, where they are comfortable and confident. “Marcus”
 - B. Find where you get the best splits out of your athletes.
- VI. Selecting your relay legs
 - A. 1st leg – Who is your block specialist? Technique, reaction, drive phase. Can they handle pressure? Curve runner
 - B. 2nd leg – Do they have good top end speed? Straightaway speed. Can they receive and pass the baton?
 - C. 3rd leg – Can they receive and pass the baton? Curve runner?
 - D. 4th leg – Can they be disciplined and except what place they get the baton? Straightaway speed?

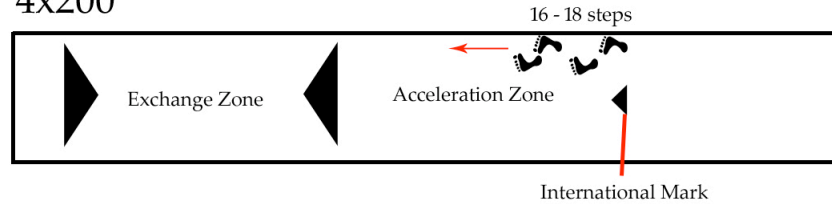
VII. Silent Hand Offs

- A. Why silent? Outgoing runner does not have to wonder when or wait to put hand back. No wondering when to get baton.
- B. Incoming runner does not have to judge when to give command. No confusion for both runners while other relays are giving commands.
- C. Eliminates time in general. No signal to react to, no waiting for a signal or waiting for a hand to come up. Eliminates getting the baton before the zone if incoming runner runs up on outgoing runner.
- D. Whether it is silent or verbal, everything depends on outgoing runner leaving on time.

4x100



4x200



4x100

1. Start at the international mark and step heel to toe towards the direction of the incoming runner. 18-24 steps are common ranges.
2. Your steps and marks are on the opposite side of where you are standing in the lane. You can use one mark, or two to make a box.
3. Stand in front or along side of the international mark while awaiting the incoming runner, you cannot be behind it. Shoulders, hips, and feet pointing down the track.
4. What side of the lane you stand on depends on what hand you receive the baton in. 1st leg will start with the baton in their right hand, 2nd leg will receive in their left, 3rd leg will receive in their right, and 4th leg will receive in their left. 1st and 3rd legs will run on the inside of the lane. 2nd and 4th legs will run on the outside of the lane.

4x200

1. Start at the international mark and step heel to toe away from the direction of the incoming runner. 16-18 steps or middle of the acceleration zone.
2. Your steps and marks are on the same side of where you are standing in the lane.
3. Stand next to mark while awaiting the incoming runner and use the international as your take off mark. Shoulders, hips, and feet pointing down the track
4. What side of the lane you stand on depends on what hand you receive the baton in. 1st leg will start with the baton in their right hand, 2nd leg will receive in their left, 3rd leg will receive in their right, and 4th leg will receive in their left. 1st and 3rd legs will run on the inside of the lane. 2nd and 4th legs will run on the outside of the lane.