

LYLES LASHLEY  
 GREAT BEND HIGH SCHOOL  
 RELAY HANDOFFS  
 4X100M, 4X200M,  
 4 X 400M, 4 X 800,  
 SPRINT MEDLEY

### 4x400m, 4x800 Relay

**Open Exchange**

- Face the infield
- Always keep eye contact with the incoming runner
- Must depart at full speed
- Depart when incoming runner is 6-8 meters from outgoing runner
- Outgoing runner must drift to the outside of the lane to allow space for the incoming runner



### 4x400/800m Relay

**Open Exchange Continued**



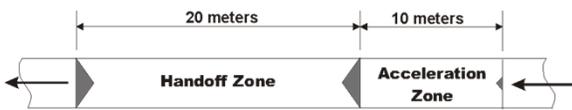
- Baton Should always be exchanged at shoulder height
- Baton should be pushed into the hand of the outgoing runner
- Outgoing runner should receive the baton with the left hand, thumb up, and immediately switch to the right hand

### 4x400/800m Relay Responsibilities

- Incoming runner responsibilities
  - ▣ Run through the zone
  - ▣ Deliver the baton at shoulder height
  - ▣ Depart the zone to the inside of the track
- Outgoing runner responsibilities
  - ▣ Steering
  - ▣ Allow space
  - ▣ Acceleration to keep the baton moving
  - ▣ 2 steps then turn
  - ▣ Provide a visible and stable target

### 4x100m Relay Markings

- ▣ International Mark
- ▣ Exchange Zones
- ▣ Tape / Chalk Marks



### 4x100m Relay Blind Exchange

- First and third runner must carry the baton in the right hand and run on the inside half of the lane
- Second and fourth runner carry the baton in their left hand and run on the outside half of the lane
- Outgoing runner starts near the international mark
- Accelerate to the incoming runner's velocity
- An ideal handoff will occur 10-15m into the exchange zone
- Start with tape down at 20 – 24 (adjust)
- Adjustments for Kansas Wind!



### 4x100m Exchange – Push / Press

- Outgoing runner
  - ▣ Trust your teammate
  - ▣ must remain in an acceleration
  - ▣ Lead with elbow and extend the arm, through the shoulder
  - ▣ Present hand with the thumb down, nice steady target
  - ▣ Squeeze the baton and pull the baton from the incoming runner ...don't search for it
- Incoming Runner
  - ▣ Continue to run through the back of the zone
  - ▣ Call for the baton when they are 4m from the outgoing runner
  - ▣ Have a target, don't guess
  - ▣ Push the baton in the hand of the outgoing runner
  - ▣ Do not let go of the baton. Hold the baton lightly and make the outgoing runner take it from you

### 4x100 Hand Placement



### 4x100m Acceleration Techniques

- Rolling Start
  - ▣ Shift Bodyweight from back foot to the front foot 5-10m prior incoming runner over checkmark
  - ▣ Sprint full speed as incoming runner passes the checkmark
  - ▣ Allows outgoing athlete to more easily focus on incoming runner and checkmark
- 3 pt Start
  - ▣ Outgoing runner looks over inside shoulder
  - ▣ Depart when incoming runner passes the check mark

### 4 x 100m Drills



- ▣ Seated Drill
- ▣ Stationary Drills
- ▣ Accelerated pass – Tap, Tap, Tap, Tap, Pass
- ▣ Pre-Meet Simulations

### Determining Relay Members

Acceleration is vital component of training if you want to have a successful 4x100 relay.

- 3<sup>rd</sup> leg – most difficult job
  - ▣ 140m, accel. on a turn without blocks, receive blind, sighted pass
- 2<sup>nd</sup> leg – typically strongest runner
  - ▣ 140m, accel without blocks, receive blind, sighted pass
- 4<sup>th</sup> leg
  - ▣ 120m run, accel without blocks, receive blind
- 1<sup>st</sup> leg
  - ▣ 120m run, accel with blocks, sighted pass

### 4x200m Relay

- Place tape 10 and 12 steps back from the first Big triangle.
- Incoming runner will be on the inside of the lane, outgoing runner on the outside
- Outgoing runner takes a blind handoff in the left and switches to the right
- Common error: In practice incoming runner comes in too fast, not simulating a meet (especially Middle School)

### Sprint Medley Relay

- 800 Medley (100-100-200-400)
- First handoff 4 x 100, Second 4x100, Third 4x200
  
- 1600 Medley (200-200-400-800)
- First handoff 4x200, Second 4x200, Third 4x400

### Thoughts on relay success

#### Success

- Great growth comes from failure
- Relay success comes from routine, trust, chemistry and discomfort
- Demand your athletes push beyond their comfort zone

#### Shortcomings

- Did the runner leave on time?
- Did the runner accelerate aggressively?
- Runners hand placement?
- Did the incoming runner attack through the back of the zone?
- Did the incoming run see the target BEFORE making the placement?