



Athletics
Western Australia

Schools Knockout

RELAY RULES

4 X 200M Relay

START POINT/1ST RUNNER: 400M START AREA

SECOND RUNNER: 200M START AREA

THIRD RUNNER: 400M START AREA

FOURTH RUNNER: 200M START AREA

FINISH: NORMAL FINISHING LINE

Swedish Medley Rules (100,300,200,400)

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 team's 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 team's position as they reach the 200m to go point. Once placed in order by the competition officials, they may not change order.

Medley Relay Rules (200,200,400,800)

The first and second runners (200m) are to run in lanes.

The third runner would exchange in the standard 4 x 400 zone and would then break to the inside lane.

The final exchange would also be like a 4x400 exchange, but the final runner would do 800 meters.

START POINT/1ST RUNNER (200M): 400M START AREA

SECOND RUNNER (200M): 200M START AREA

THIRD RUNNER (400M): 400M START AREA

FOURTH RUNNER (800M): 400M START AREA

FINISH: NORMAL FINISHING LINE