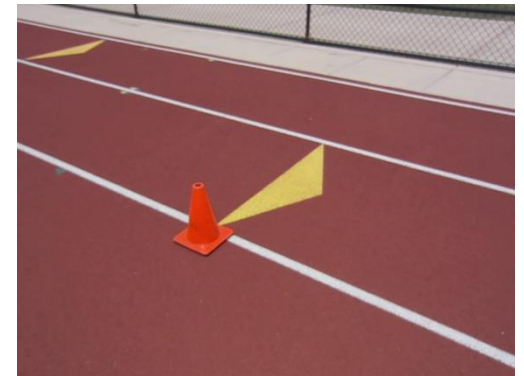
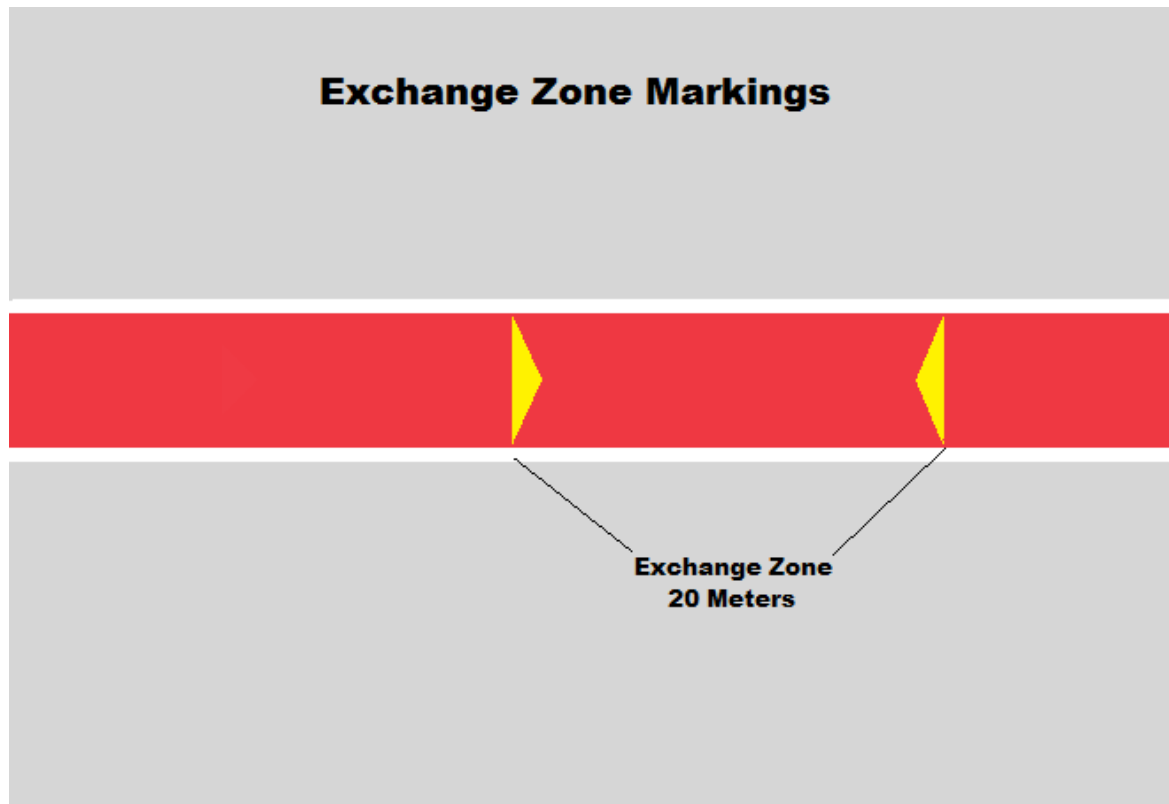


# Forming Great Relay Teams

# An Analysis of the Relay Events

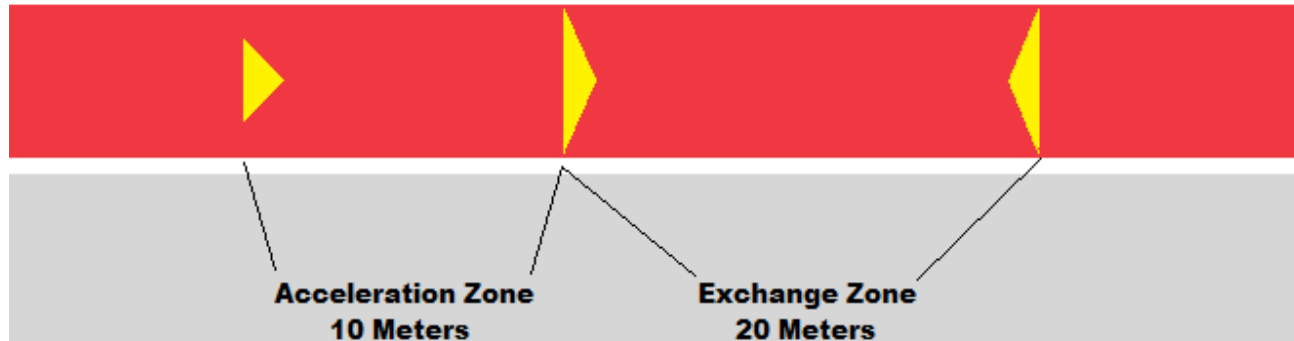
- Chores
  - Athletic Development as a Sprinter
  - Teaching Baton Work
  - Talent Identification
  - Team Assembly
  - Race Tactics

# An Analysis of the Relay Events



# An Analysis of the Relay Events

## Exchange Zone Markings Sprint Relay Exchanges



# Starting With the Baton



# Track Markings

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- **The Start Mark**
- **The Takeoff Mark**

# Relay 101

- **Spacing Adjustments**
  - **To Increase Spacing Between Runners, Increase Distance Between Start and Takeoff Marks**
  - **To Decrease Spacing Between Runners, Decrease Distance Between Start and Takeoff Marks**

# Relay 101

- Exchange Types
  - Blind
  - Visual
- Spacing Adjustments
  - To Increase Spacing Between Runners, Increase Distance Between Start and Takeoff Marks
  - To Decrease Spacing Between Runners, Decrease Distance Between Start and Takeoff Marks



# The Blind Exchange - Outgoing Runner



# The Blind Exchange - Incoming Runner



# The Blind Exchange – Other Considerations

- Verbal or Silent
- Hand Command or Alert
- Evaluating the Exchange
- Spacing
- Exchange Location

# The Visual Exchange - Outgoing Runner



# The Visual Exchange - Incoming Runner



# The Blind Exchange – Other Considerations

- Verbal or Silent
- Using a Takeoff Mark – Or Not
- Track Markings
- Hybrid Exchanges

# Relay Race Tactics

- Planning for the 4x100 Relay
  - Race Configuration
  - Lanes
  - Rights and Lefts
  - Baton Handling
  - Using the Acceleration Zone
  - Adjusting the Takeoff Mark

# Relay Race Tactics

- **Personnel Placement Decisions**
  - Anchoring Ability
  - Block Starting Ability
  - Curve Running Ability
  - Baton Handling Skill
  - Handedness
  - Competitiveness
  - Morale
  - Team Positioning



# Relay Race Tactics

- **Planning for the 4x400 Relay**
  - **Race Configuration**
  - **Baton Handling and Visual Exchanges**
  - **Absence of the Acceleration Zone**
  - **Using a Takeoff Mark**

# Relay Race Tactics

- Personnel Placement Decisions
  - The Ability to Run while Ahead
  - The Ability to Run from Behind
  - Sense of Pace

# Relay Race Tactics

- **Planning for the 4x200 Relay**
  - **Indoors and Outdoors**
  - **Race Configuration**
  - **Diverse Coaching Practices**
  - **Baton Handling**
  - **Using the Acceleration Zone**

# Relay Race Tactics

- Personnel Placement Decisions
  - The Ability to Run while Ahead
  - The Ability to Run from Behind
  - Sense of Pace

# Relay Race Tactics – 4x200

## Partial Use of the Acceleration Zone in the 4x200 Relay



**Acceleration Zone Marker  
Used as a Takeoff Mark**

**Start Mark Typically Placed  
8-16 Feet into the Acceleration  
Zone**

# Relay Race Tactics

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- **Planning for the 4x200 Relay (continued)**
  - **Adjusting the Start Mark**
  - **Personnel Placement**

# Teaching Relay Exchanges

- Short Run-Ins
- Run-In Length
- Meet Rehearsal
- Submaximal Exchanges

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# SAC

Schexnayder Athletic Consulting



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**[www.sacspeed.com](http://www.sacspeed.com)**  
**[bschex@sacspeed.com](mailto:bschex@sacspeed.com)**