

Medley Relay track markings

Changeover and athlete lane designation for a standard 400m track

Runner 1 (200m) – The race begins on the 400m start marks (at finish area) in each lane, with the first runner running 200m entirely in their lane.

Runner 2 (200m) – The second runner commences at the 200m start area with each athlete in their designated lane. The runner receives the baton within the 30m medley changeover zone in their lane, (blue ticks), with the second runner running 200m entirely in their lane.

Runner 3 (400m) – The third runner commences at the finish area with each athlete in their designated lane. The runner receives the baton within the 30m changeover zone in their lane (blue ticks), with the third runner running part of their section (leg) in their lane. Once they have passed the designated markers of the breakline (eg small cones), they may cut across to run in the inside lanes for the remaining part of their section (leg).

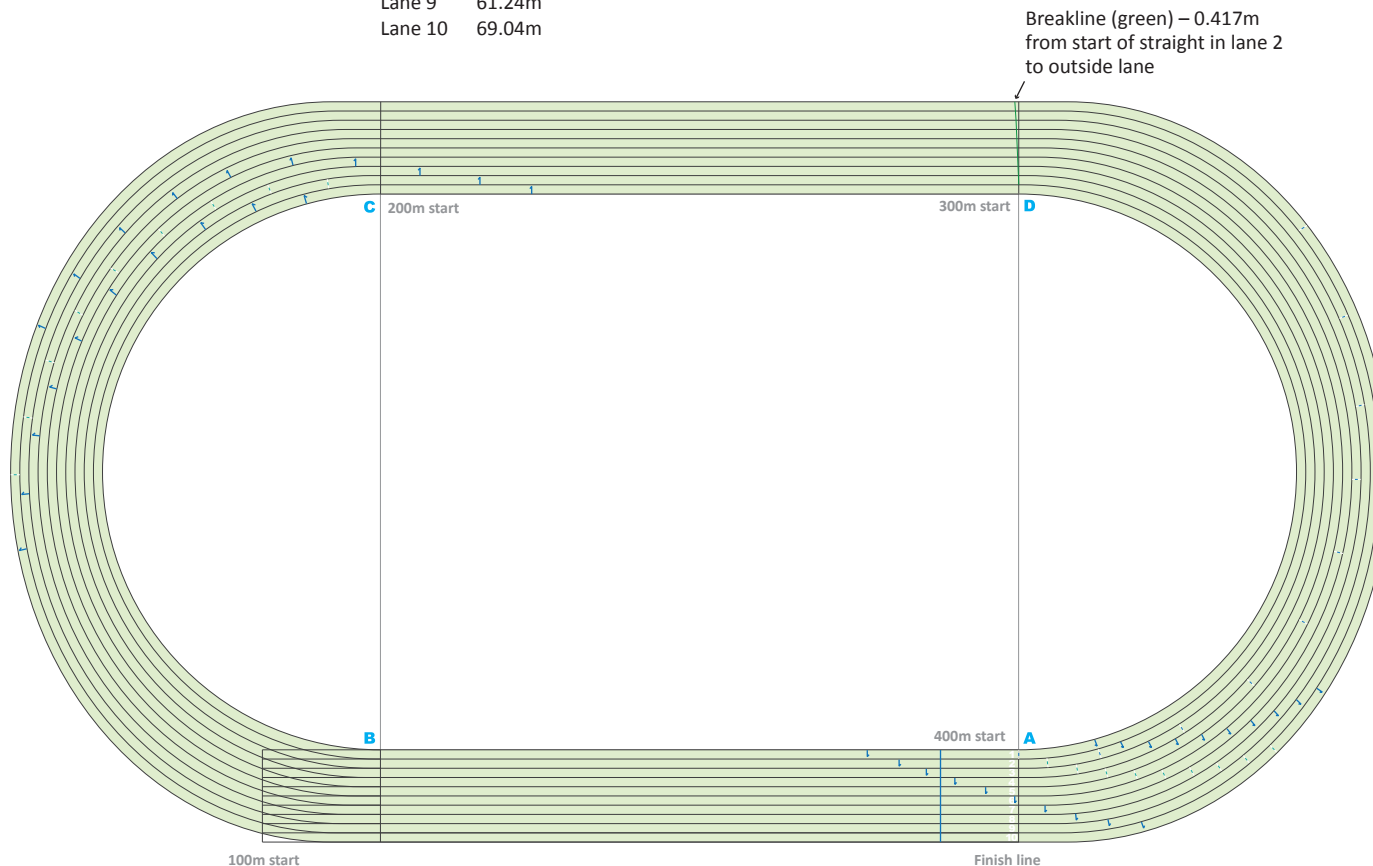
Runner 4 (800m) – The fourth runner commences at the finish area inside the blue extension line across the track (10m back from the finish line). Athletes shall be placed on the track by the designated official, from inside to outside in the order that their team passes the 200m mark. Once placed in order by the competition officials, they may not change order.

Summary:

4 x Distance Medley – 30m changeover change 1 and 2, 20m changeover change 3

1st changeover – Runner 2 (200m)

Lane 1	0m
Lane 2	7.05m
Lane 3	14.74m
Lane 4	22.45m
Lane 5	30.17m
Lane 6	37.91m
Lane 7	45.67m
Lane 8	53.45m
Lane 9	61.24m
Lane 10	69.04m



Breakline (green) – 0.417m from start of straight in lane 2 to outside lane

NOTE:

1. Only the first and second legs are run entirely in lanes with the third leg run partly in lanes. Thereafter, each athlete is entitled, (subject always to the rules of obstruction and interference) to run in lane 1.
2. There are no acceleration zones.

Start – Runner 1 (200m)

Lane 1	0m
Lane 2	10.56m
Lane 3	22.09m
Lane 4	33.63m
Lane 5	45.19m
Lane 6	56.76m
Lane 7	68.36m
Lane 8	79.97m
Lane 9	91.57m
Lane 10	103.17m

2nd changeover – Runner 3 (400m)

Lane 1	0m
Lane 2	3.53m
Lane 3	7.38m
Lane 4	11.26m
Lane 5	15.15m
Lane 6	19.06m
Lane 7	22.99m
Lane 8	26.93m
Lane 9	30.88m
Lane 10	34.84m

Final changeover – Runner 4 (800m)

Finish line from Lane 1