

## Notes on the Swedish (Medley) Relay

The Swedish Medley Relay is included in the Regional and State Relay programs as one of two Track events offered to the U9, U10 and U14 - U17's as Same Age Teams (SAT) and U9 -U10 and U14 - U17's Combined Age Teams (CAT).

The event is conducted over 1000 metres and involves legs of 100m, 300m, 200m & 400m (in that order). This order is used to avoid the congestion and interference that may be evident at the second change and aligns with the Athletics Australia format including Australian Schools competitions. In all Relays there are no acceleration zones and all athletes shall begin running from within their take-over zones.

### Swedish Medley: Changeover and Athlete Lane Designation

#### Runner 1 (100m):

The race begins on the 200m start marks in each lane, with the first runner running 100m entirely in their lane.

#### Runner 2 (300m)

The second runner receives the baton in their designated lane, within the third 4x100 change over zone, (yellow marks), running part of their section (leg) in their designated lane. Once the athlete has entered the front straight and the designated markers of the breakline (e.g. small cones), they may cut across to run on the inside lanes.

#### Runner 3 (200m)

The third runner commences at the 200m start area inside the blue extension line across the track (20m back from the 200m start mark in lane 1). The athletes shall be placed on the track, by the designated Official from inside to outside, in the order that the 2<sup>nd</sup> runner passes the finish line. Once placed in order by the competition officials, they may not change order.

#### Runner 4 (400m)

The fourth runner commences at the finish area inside the blue extension line across the track (10m back from finish line). Athletes shall be placed on the track by the designated official, from inside to outside in the order that the team completes the second leg (same order from as the change between the 2<sup>nd</sup> and 3<sup>rd</sup> runner). Once placed in order by the competition officials, they may not change order.

### Summary:

4 x Swedish - 30m changeover change 1 and 2, 20m changeover change 3.

### Notes:

1. Only the first leg is run entirely in lanes, and the second leg is partly run 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.

## Notes on the Distance (Medley) Relay

The Distance Medley Relay is included in the Regional and State Relay programs as one of two Track events offered to the U11 – U13 as Same Age Teams (SAT) and U11- U13 Combined Age Teams (CAT).

The event is conducted over 1600 metres and involves legs of 200m, 200m, 400m & 800m (in that order). In all Relays there are no acceleration zones and all athletes shall begin running from within their take-over zones

### Distance Medley: Changeover and Athlete Lane Designation

#### Runner 1 (200m)

The race begins on the 4 x 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 change over 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 (e.g. small cones leading into the back straight), 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

### 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
2. There are no acceleration zones.