

Swedish Relay track markings

100m-300m-200m-400m

Changeover and athlete lane designation
for a standard 400m track

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 (eg 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 2nd 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 2nd and 3rd runner). Once placed in order by the competition officials, they may not change order.

Summary:

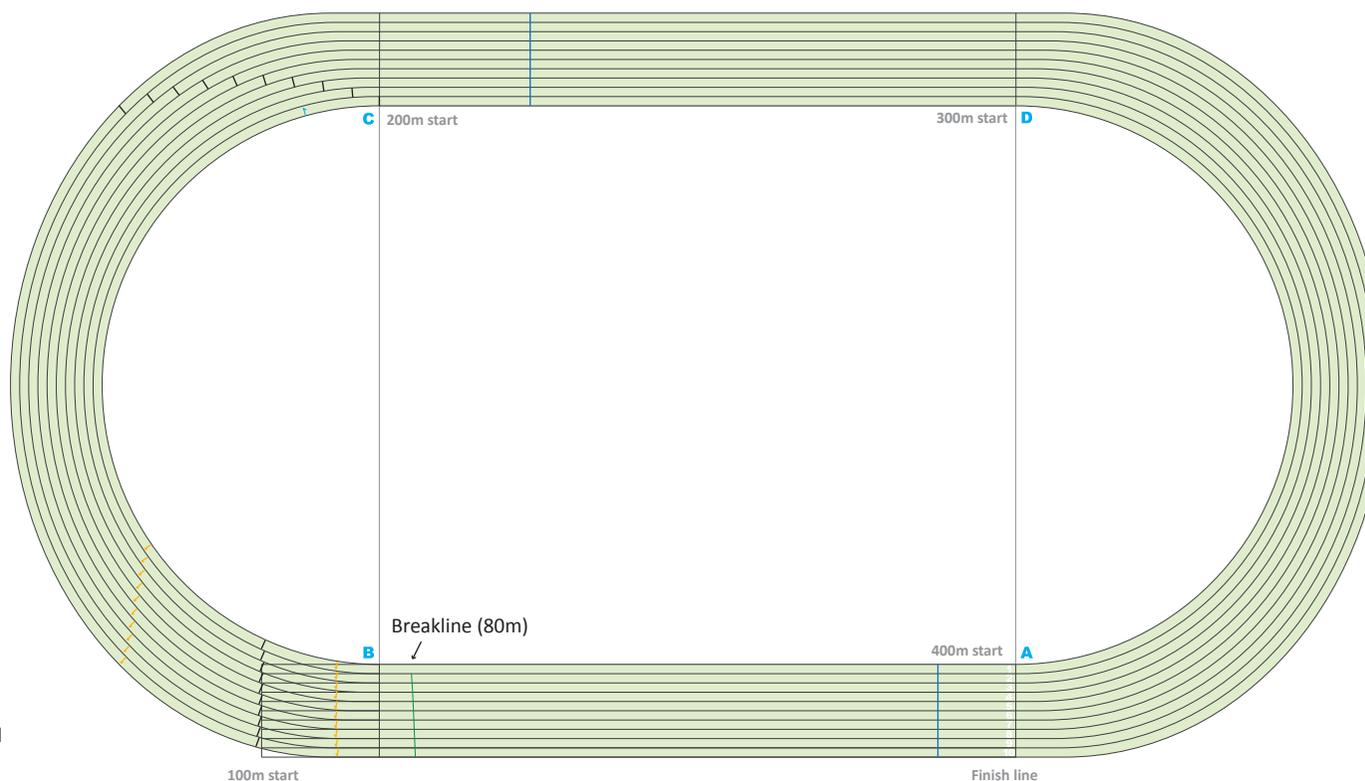
4 x Swedish – 30m changeover
change 1 and 2, 20m changeover
change 3.

Start - Runner 1 (100m)

Lane 1	0m
Lane 2	3.52m
Lane 3	7.35m
Lane 4	11.19m
Lane 5	15.02m
Lane 6	18.85m
Lane 7	22.68m
Lane 8	26.52m
Lane 9	30.36m
Lane 10	34.20m

2nd changeover - Runner 3 (200m)

Lane 1	0m
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1st changeover - Runner 2 (300m leg)

As per 3rd changeover in 4x100m

Final changeover - Runner 4 (400m)

Lane 1 0m

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.