

Notes on the Swedish Medley Relay (Introduced to the LAQ Relay Programs 2018)

The Swedish Medley Relay has been included in the LAQ Regional and State Relay Programs as one of two Track events offered to the U11, U12 and U15's – U17's. The event is conducted over 1000 metres and involves legs of 100, 300, 200 & 400 metres (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

Swedish Medley: Changeover and Athlete Lane Designation

Runner 1 (100m) - The race begins at the 200m start, 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 (e.g. small cones), they may cut across to run on the inside lanes.

Runner 3 (200m) - The third runner commences at the 200 metres start point within the unlaned 4x200 change zone (blue marks). 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 final change over occurs in the 4x400 change zone (same as the 800m runner in the 4 x Medley relay). 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.

NOTE: 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. There are **no** acceleration zones.

The following is the BoD endorsed rule that will apply from this season (2018/2019) and be included in the 2019 LAQ Competition Handbook under the Track Relay Rules & Procedures section

5.7.13.c The running order of the Swedish Relays shall be 100m 300m, 200m and 400m. The Swedish Relay is run in lanes by the first runner, with the 2nd running part of their section (leg) in their designated lane, cutting across at the dedicated markers in the front straight. The 3rd runner shall be placed on the track, by the designated official from inside to outside at the 200m start point, in the order that the 2nd runner passes the finish line. The 4th runner shall be placed on the track by the designated official, from inside to outside at the 400m start point, in the order that the team completes the second leg.