

Medley Relay track markings

Staggers for a standard 400m track

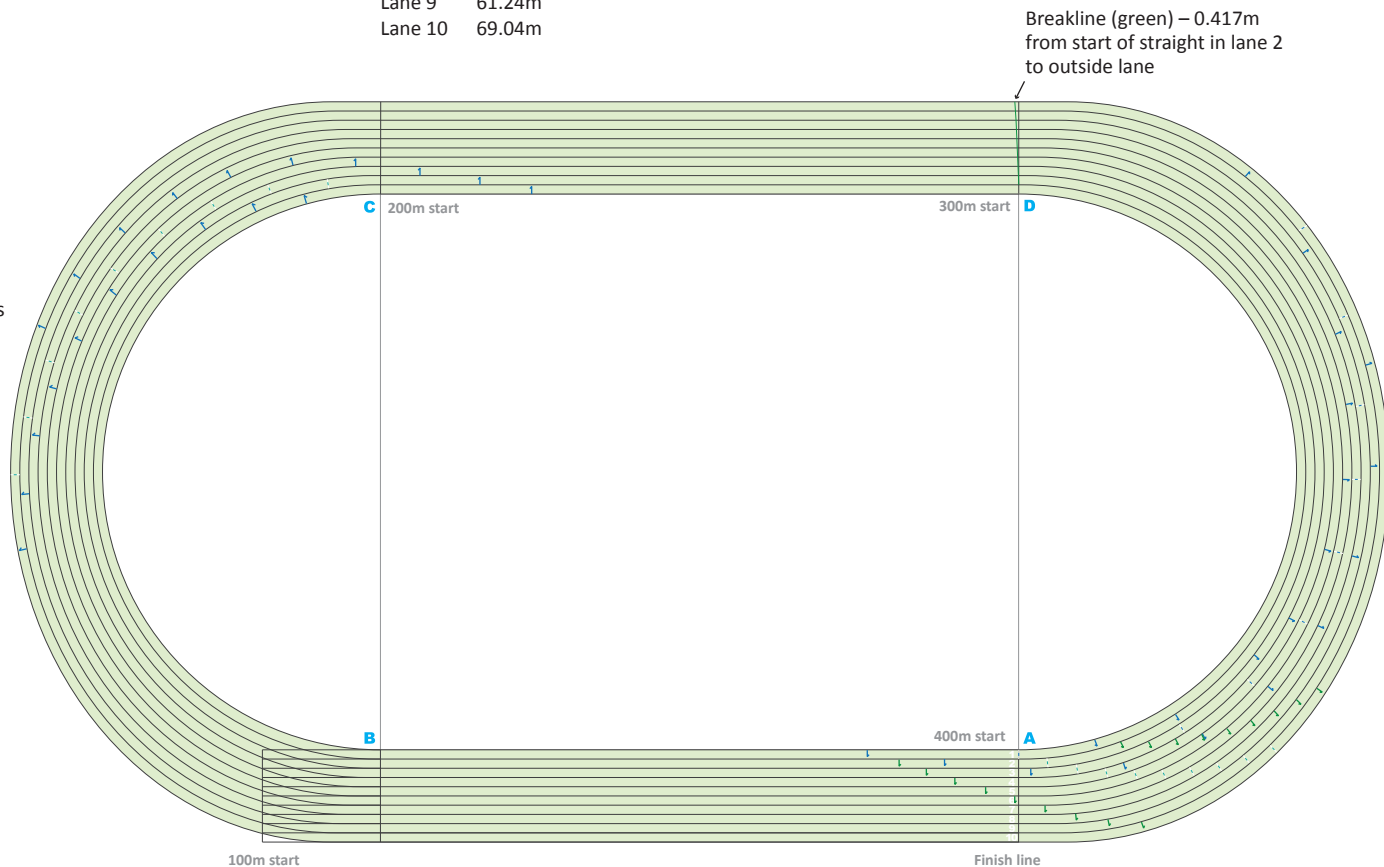
The Medley Relay race shall be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline, where athletes may leave their respective lanes (two bends in lanes).

In the Medley Relay, the athletes running the final leg, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone.

If an athlete does not follow this rule, his/her team shall be disqualified.

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



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