

Swedish Relay track markings

100m-300m-200m-400m

Staggers for a standard 400m track

Notes:

Only the first leg is run entirely in lanes, and the second leg is partly run in lanes. Thereafter, each athlete is entitled (subject to the rules of obstruction and interference) to run in lane 1.

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 4x100m changeover zone, (yellow marks), running part of their section (leg) in their designated lane. Once the athlete has entered the front straight at the designated markers (eg small cones at the breakline), they may cut across to run on the inside lanes.

Runner 3 (200m) - The third runner commences at the 200m start point within the unlaned 4x200m 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.

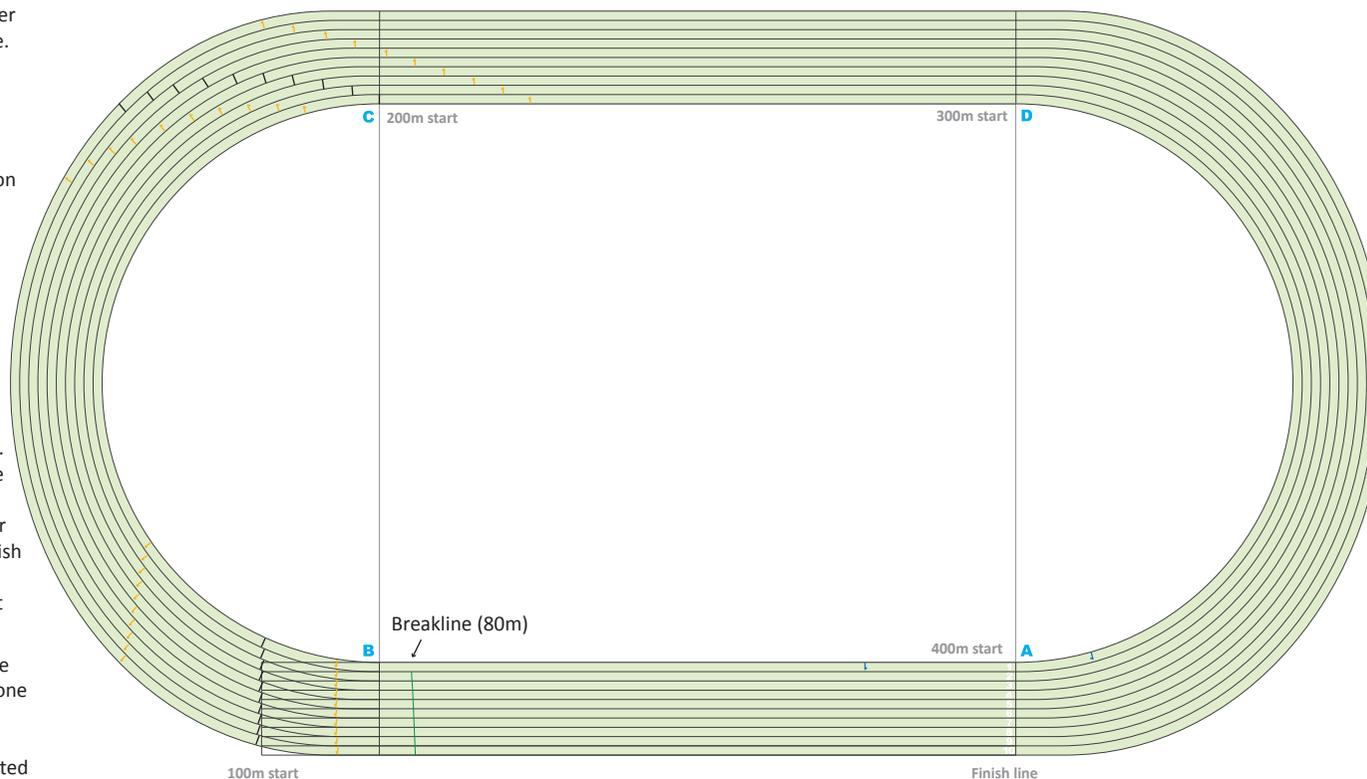
Runner 4 (400m) - The final change over occurs in the 4x400 change zone (same as the 800m runner in the Medley relay). Athletes shall be placed on the track by the designated official, from inside to outside in the order that the team completes the second leg (same order from as the change between the 2nd and 3rd runner). Once placed in order by the competition officials, they may not change order.

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