



Steve Crosley
Wichita Heights High School

RELAYS AT HEIGHTS

- 400 Meter Relay – 41.82 in 2010
State Champions
- 1600 Meter Relay – 3:19.22 in 2004
State Champions
- 3200 Meter Relay – 7:47.85 in 2005
State Champions
State Record Holders

IMPORTANCE OF SPRINT RELAYS

- Sprint relays help define success of your sprint program.
- In Kansas 2 sprint relays score in meets: 4x100,4x400 - up to 20 points in meets.
- Relays create competitive practice environment - athletes compete against each other to make relay teams.
- Relays allow more athletes to have success in Track and Field.

SPRINT RELAYS

Uniform Rules – Know them!

Relay entry process – Know it!

Relay Substitution process – Know it!

Exchange Zones – Know them!

Short Sprint Relays - 4x100, 4x200

Long Sprint Relays - 4x400



Trick Question?

- Does the runner have to be inside the zone when he/she receives/passes the baton?

RELAY SAFETY

Clear the practice area – no hurdles, blocks, unnecessary people

Use visible marks – rubber discs (check size), tape, ½ tennis balls (dangerous?)

Smooth Batons – no sharp edges, no broom sticks, paint stirrer

Clean surface – no debris

Focus – no distractions, full concentration



RELAY TALENT SELECTION

Good Sprinters, hurdlers, Jumpers make good relay personnel

Competent – smart, critical thinkers, confident aggressive

Coordinated – good body control and spatial awareness

Quick turn runners (short, high frequency)

Even stride length – no over striders, tall posture

1st leg– reliable starter and solid curve runner

2nd – (damage control) capable of running long leg and finish strong

3rd – (utility) excellent curve runner

4th – (anchor) confident, controlled, sprint well under pressure

PUSH PASS



4 X 100 POSITIONS

- ** Runners #1 and #3
 - on the inside of the lane
 - carry the baton around the curve in their RIGHT hand
 - Keep the baton in the middle of the lane
- ** Runners #2 and #4
 - on the outside of the lane.
 - carry the baton down the straight in their LEFT hand
 - Keep the baton in the middle of the lane
- ** Positions within the lane must be maintained before, during, and after the exchange in order to avoid possible entanglement between the incoming, outgoing runners, and opponents (disqualification).

2010 – 1

2010 – 2

2011 - 1

SPRINT RELAY STARTS

Block Starts

- Conventional
- Baton can extend over the start line
- Grip with middle & ring finger
- Body weight on bridge of thumb, forefinger, & "pinky" finger

Rollover Start

- Displace body ('get to getting')
- Crouch or 3pt stance
- Look under or over the receiving hand shoulder
- Push out like block start
- Emphasize "Step Over The Knee"

Three point start position for 2nd and 4th runners. The 3rd leg would stand to inside of lane, use left hand to support the body and watch for the incoming athlete under the right arm.



Outgoing Runner

- Blind Exchange
- Full speed take-off
- Be patient, trust "go" mark
- Stay on your side of lane
- At signal (verbal/nonverbal) extend hand, instantaneously
- High, stable target
- Don't feel for baton, it will be there, when it's there.
- Watch the take-off mark as the athlete is approaching

Incoming Runner

- Responsible for making the exchange
- Be patient, diligent, and efficient
- Stay on your side of lane
- Run strongly through the zone ('chase')
- Don't extend the baton until you get close enough to complete the pass ('keep pumping')
- Actively place the baton in the hand (firm, but don't slap it), aim for the 'meaty' palm
- Place the 'end' of the baton in the hand
- See baton INTO hand

THE EXCHANGE

- Blind exchange
- Take-off mark - 12-30 ft (10-25 'toe/heel' steps)
- Place mark on side of lane incoming runner will be occupying (for visibility and as reminder)
- Take-off mark is based primarily on outgoing runners speed (reaction), and partially on incoming runners speed and desired placement in zone for consummating the pass (coach) determines)
- See the baton INTO the hand



4 X 100 PRACTICE

- Serious relay exchange practices at all times. Incorporate speed work with exchanges.
- Work multiple combinations. You never know when you'll need to make changes
- Full speed exchange practices. **60-80 m run in at practices; simulate race.
- Salvage every exchange attempt in practice. **You never know what will happen in competition.

- Attempt to keep the baton moving at a constant speed through zone.
- The incoming runner must assume the bulk of the responsibility in executing the baton exchange.
- Stay on your side of the lane
- Keep pumping arms through to exchange (no "statue of liberty")
- "Chase" through zone, chase out of zone to fight centrifugal forces
- Protect the baton!

4 X 100 DRILLS

We use standard 2 and 4 person drills
Stationary and in motion

Partner Hot Drill

Drinking Straw

Suggestions for drills??

4 X 400 METER RELAY

- Race is run with a 3-turn stagger: the first runner runs lanes all the way, second runner runs the first turn in lanes before cutting in.
- The exchange of the baton must occur within the 20-meter zone (1st half of the zone, 10 m).

***There is no acceleration zone leading into the exchange zone.

4X400 POSITIONS

** Runner #1 will run in lanes all the way.

- Athlete will basically run the race similar to an open 400-meter race. NOTE: ideally the baton is carried in the right hand for control and optimal "passing" conditions.

** Runners #2 will run a 3-turn stagger

- Receives baton in left hand and change (immediately) to the right hand
- In lane until the 'cut in' mark (roughly 1500m start line)
- Athlete cuts into the "pole" (lane 1) on a gradual tangent

** Runners #3, and #4

- Receives baton in left hand & change (immediately) to right

Incoming Runner

- Responsible for making the exchange
- Run strongly through the zone
- Actively extend baton straight out and place baton in palm of outgoing runners hand
- Don't extend the baton until precise moment of consummating the pass (no "statue of liberty")
- Place top end of baton in outgoing runners hand
- Keep pumping the arms until time to make the exchange.

Outgoing Runner

- Visual exchange (b/c of fatigue)
- Palm up ("V" up)
- High, stable target
- Receive baton with left hand, change immediately to right hand
- Extend arm straight out from shoulder
- DO NOT swipe or snatch the baton, TAKE baton under control
- Take-off mark
 - (8-16ft; eye ball the mark, no tape)
- Build momentum to match incoming runners speed (2-4 steps) then look back or DRAG.
- Aggressive take-off
- Make a gap, close a gap, take a gap (swing wide)"

4 X 400 TACTICS

First runner must realize stagger is set for 3 turns. Don't let the stagger confuse you!

Second runner must be aggressive and committed to moving ahead or maintaining a good position.

Both third and fourth runners must be willing to hold strong to their positions at the beginning of the exchange zone. They must also "make space" so as to not be pushed out of position.

Third runner must attempt to set up the anchor runner for a good race position in which he or she can perform at their best.

Fourth runner (anchor) need not always be the fastest of the group, but rather the athlete who will run the best and most aggressive last leg.

All 4 runners must be strategically placed and properly balanced in an effort to ultimately yield the finest TEAM result.

MORE 4X400 TACTICS

Anticipate shuffling (know the rules)

Make yourself an "identifiable target"

At take-off, hold fast to your position, "butt-out" posture.

DO NOT swipe or snatch the baton, "TAKE" the baton under control

"Make a gap, close a gap, take a gap"; jockey for position and "get to getting".

Know the rules of the exchange (2 or 3 turn), break point, track exit, team placement prior to exchange.

Keep pumping your arms through to the exchange (no "statue of liberty")

After the exchange is complete, continue forward momentum, when area is clear move off the track without impeding progress (See rulebook on track exit procedures)

MORE 4X400M TACTICS

- During race, pass on the straight-a-way whenever possible. Swing out to pass, never pass on the inside (UNLESS YOU SEE DAYLIGHT!)
- Run one step inside of the outside of the occupied lane.
- When approaching the final straight-a-way, runners 2, 3, and 4 should swing wide (to pass) and hold position straight ahead.
- Upon making the exchange, incoming runner should be on the inside of the occupied lane, while the outgoing runner is on the outside of the occupied lane.
- Avoid entanglement.
- Protect the baton!



Questions / Answers

Thank You!
