Relay Cues - 101

- The baton goes from R to L to R to L BETWEEN THE RUNNERS. With this method each runner keeps the baton in the same hand the whole time that they have it and there is not need to change hands and slow down

- runners 1 & 3 hug the line on the left, with the right arm driving across the body. Right hand towards the left shoulder.

-#1 aim the block 10m down the curve towards the left side of the lane

-#2,#3, #4, clear the acceleration area and exchange zone of any pieces of tape from previous athletes

-from the start of the exchange zone runners 2,3,4 measure 20 steps (heel to toe one after the other) from the line at the start of the exchange zone and that is the starting position. The number of steps will depend on the relative speed of the runners. 20 is a guideline and each athlete receiving the baton will have to adjust the number of steps depending on the relative speeds of the 2 athletes.

-place tape on the track to mark this position. This is the GO Line. When the incoming runner reaches this tape them you GO. This is the Ego start. See below.

- runners are only allowed to use half of the lane during the exchange and your positioning in the lane is opposite to the hand that you have the baton in as you want the baton in the middle of the lane when you are passing the baton. Runners 1 & 3 hug the line on the left for the shortest distance around the curve.

-stand inside the exchange zone and point your body and feet in the direction you are going to sprint.

-look over your shoulder in the direction of the incoming runner that is most comfortable for you. I would not suggest a 3 point stance and looking under your armpit as it is tough to judge speed upside down.

-runners 2& 4 stand on the right side of the lane to make space for the incoming runner.

-runner #3 stands on the left side of the lane.

-runners 2,3,4 stand in a coiled and ready position to explode as soon as they see the incoming runner **touches** inside the tape!(**Key point - react to the contact and only watch your teammate.**) Make sure your feet are pointed to propel you down the track in your lane. **EGO start. – Everything Goes @ Once!!!** Turn your head, drive your arms, explode with your legs to try to run away from the incoming runner. If you turn your head and then run you will be too slow. **This is CRUCIAL!!!**

-when runners 2,3,4 react to the touch of the foot inside the Tape on the track the count is **Drive, Drive, Drive… show.**  On **show** the outgoing runner extends their arm almost parallel to the ground , the wrist is flexed at 90 degrees with the hand spread, thumb & index finger pointing down towards the ground in a steady position to receive the baton.

-when the incoming runner sees the outgoing runner extend their arm then incoming runner **Presses** the baton into the outgoing runners hand in a smooth motion while attempting to run past the outgoing runner and sprint beyond the end of the exchange zone while you cheer on your teammate. (Do not swing your arm to pass the baton – this is a very slow lever. Press the baton)

-only reach out with the baton once the outgoing runner puts their hand back. If you anticipate and reach early that slows you down and the out going runner could knock the baton out of your hand.

-practice this every day we are at JHSS with your team members while 2 runners pass the other 2 help out and critique their teammates. One of the runners can also run beside the runner with the baton to help the outgoing runner to focus on one person.

We have used this for the last 20 years at GRCI with a great deal of success. If you work on this with your team consistently you will have very good passes.

I know this is a lot to read and process and I will go over this at JHSS before Track Wars.

