

## **OFFICIATING the 4X800 & 4X400 METER RELAYS**

The 4X400 Meter Relay exchanges and to a lesser degree the 4X800 Meter Relay exchanges are often events where situations arise with the exchanges.

In the WIAA Spring 2023 Track & Field (Boys and Girls) Season Regulations on page 50, under State Association Recommendations letter e and on page 2 of the WIAA 2022-2023 Wisconsin Adaptations to NFHS Rules under State Association Recommendations letter e it reads:

“Receivers (outgoing runners) for relay exchanges that do not occur in assigned lanes shall line up, with assistance from a designated official, in the same relative position as their incoming teammates; the leaders shall pass in the first position, the second-place holders in the second position, etc. This line-up position is determined and should be maintained when the incoming runners are at the beginning of the straight before the pass. It is the responsibility of the outgoing runner to maintain the proper position throughout the exchange process. Once the exchange has been completed, the incoming runner shall maintain the same relative position and when interference is not possible, should move to the inside of the track.”

In the NFHS Rules Book in Section 5.10 RELAYS it states:

5.10.6 “The Baton must be passed while the baton is within the exchange zone.”

5.10.7 “The baton shall be handed from the incoming runner to the outgoing runner within the exchange zone. The passing of the baton commences when the baton is first touched by the outgoing runner and is completed when the baton is solely in the possession of the outgoing runner. NOTE: The incoming and outgoing runners shall not simultaneously touch the baton outside the exchange zone.”

5.10.8 “After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.”

5.10.9 “In relay races, each outgoing competitor, while waiting for the baton, shall take a position entirely within the exchange zone and must complete the exchange while the baton is within the exchange zone.”

The 4X800 Meter Relay has become a sprint relay, especially the first exchange.

Therefore, all exchanges in the 4X800 Meter Relay and the second and third exchange in the 4X400 Meter Relay should be administered the same.

## **FIRST EXCHANGE IN THE 4X400 METER RELAY**

The first runner will hand off to the second runner in the staggered Blue triangle to staggered Blue triangle exchange zone in their assigned lane. After completing their exchange they are to stay in their lane until dismissed. The second runner will receive the baton from the first runner in the staggered Blue triangle to staggered Blue triangle exchange zone in their assigned lane. They will stay in their lane through the first turn. As they come out of the turn and cross the dotted green cut line, they may break to the inside of the track as long as they are at least one full stride ahead of or behind another runner, clear of traffic, and do not interfere or impede another runner in any way.

## **SECOND & THIRD EXCHANGE IN THE 4X400 METER RELAY ALL EXCHANGES IN THE 4X800 METER RELAY**

### **INCOMING RUNNER**

The incoming runner will hand off to the outgoing runner in the common exchange zone (Green triangles in a row to Green triangles in a row). The lane of exchange will be determined by the incoming runner's position with the other runners as they come out of the final turn. The incoming runner will need to run to their teammate.

After the incoming runner has completed their exchange, they will continue straight ahead in their lane and slow down. They should exit the track to the left (toward the inside of the track) as soon as they are clear of traffic, being careful not to interfere with either an incoming or outgoing runner.

### **OUTGOING RUNNER**

The outgoing runner will receive the baton from the incoming runner in the common exchange zone (Green triangles in a row to Green triangles in a row). The lane of exchange will be determined by the incoming runner's position with the other runners as they come out of the final turn.

An official will help line up the outgoing runners, but it is the responsibility of the outgoing runner to take a position that corresponds to your incoming teammate's position. The outgoing runner will hold their position.

As the outgoing runner prepares for and makes their exchange they need to be aware of their surroundings to avoid interference situations as they break to the inside of the track. They must be at least one full stride ahead of or behind another runner, clear of traffic, and do not interfere or impede another runner in any way.