



MEDLEY RELAYS:

1) Teams must comprise 5 runners.

An Organising Committee for any Meeting can decide that athletes be named in their running order at the time of confirmation of entry on the day of competition. Any subsequent change to any of this information must be notified to the Control Room by 1 hour prior to the event start time. Failure to follow these Rules may lead to disqualification of any offending Relay Team.

2) Teams may race in any order, but the legs must be 2 x 100m, 1 x 200m, 1 x 400m and 1 x 800m.

3) These relays will start from the 400m stagger marks and all teams may break lanes at the completion of the second curve (where athletes enter the home straight on the first lap approximately 300m from the start). From this point, athletes carrying the baton are entitled to run in Lane 1, except when changing the baton.

4) Runners are to be marshaled on the outside of the track at each changing zone. Lane 1 is to be kept clear for runners not changing the baton at that zone to pass through unimpeded. The baton is to be changed in Lane 2, except for simultaneous changes where outer lanes are to be used as required. (M)

5) Athletes changing the baton during the first 300m of the first lap shall be marshaled into the 4 x 100m change zones prior to the start and change in their own lane as per the 4 x 100m Relays but without the use of the acceleration zone. (Relays greater than 4 x 100m do not have acceleration zones).

6) Changes made after the first 300m have been run, are made in Lane 2, adjacent to Lane 1 change zones. If there are simultaneous changes then Lanes 3, 4, 5 etc. are to be used. (Again no acceleration zone is available). To assist in the athletes understanding this change area, large sized colored cones shall be placed inside the pole line, adjacent to Lane 1 change marks at both ends of the zone. Additionally, each end of the Lane 1 change zone shall be temporarily extended through Lane 2, 3 and 4 using 50mm wide light colored tape.

7) Following the point where the athletes break from lanes, subsequent team members at change zones shall, under the direction of a designated Official, place themselves in the order (inside to out) as their respective team members. This is the order their respective team members leave the area of the previous change (i.e. 80m out). The waiting athletes shall maintain this order, and shall not exchange positions at the beginning of the take-over zone.

8) At all change positions the athlete shall start from a stationary position within the zone and take possession of the baton within the zone. Once the baton is solely in the possession of the Outgoing runner, they may cross back into Lane 1, without causing obstruction to any athlete running through the change.

9) At all changes after the first 300m is run, athletes are to be fed from the outside of the track and athletes leaving the track must go via the outside, to ensure no athlete running through in Lane 1 is interfered with.

10) When Medley Relays are programmed at Meetings, the Meeting Manager may double up the teams in lanes where the lead off runners are racing 800m. (M)