

# Relays

By Remon Smith

Head boys Track and Field

Klein Forest High School

# 400meter relay

## Boys

- 41.5
- **41.3**
- 41.01
- 40.9
- 40.8
- 40.49 #2 in TX  
TX

## Girls

- 46.9
- 46.5
- 46.2
- 45.9 #2 in TX
- 45.66 #3 in TX

# 4x100m Relay Handoffs

- We Use a blind and silent exchange
- We are trying make sure the baton never slow down in the zone.
- I like the arm back other prefer the arm to the side; you may gain at least a stride per handoff by covering more distance with the baton.
- The hand position: fingers are together, thumb down, and palm out showing the target

# 4x100m Relay Handoff Marks

- Beginning of the exchange zone mark up 6 heel-to-toe steps place the “hand mark” on side of track you are on
- Mark back from the international for the “go mark” placing it on the side of the incoming runner.
- Right-Left-Right-Left: Curve runners carry the baton in the right hand. Straight runners carry the baton in the left hand.

# 4x100m Relay Personnel

- 1<sup>st</sup> Leg is usually hurdler or best starting 100m guy. Someone comfortable with the start.
- 2<sup>nd</sup> Leg is usually strongest sprinter 100m, 400m w/sprinter speed, or elite hurdler sub 14.5
- 3<sup>rd</sup> Leg is usually my strongest 200m runner
- 4<sup>th</sup> Leg is my best competitor and best finisher with similar speed type of 2<sup>nd</sup> leg.

# 4x100m Relay Handoff Workout

- Time the incoming runner at least 90m from the beginning of the exchange zone to the end of the exchange. Note: the incoming runner continues to sprint after handoff.
- Time the outgoing runner from their start for 60m.
- Emphasizing incoming runner sprinting through the zone not to the zone
- Outgoing runner must push out as fast and as hard as possible as if running a 60m dash.
- The purpose of the workout is not allow the baton to slow down in the zone.

# 4x100m Relay Handoff



# 4x200m Relay

- Boys

- 1:26.9
- 1:26.2
- 1:25.7
- 1:25.2
- 1:24.5
- 1:24.18 #2  
in TX

- Girls

- 1:39.56
- 1:39.02
- 1:38.54
- 1:38.01
- 1:37.51 #3 in TX



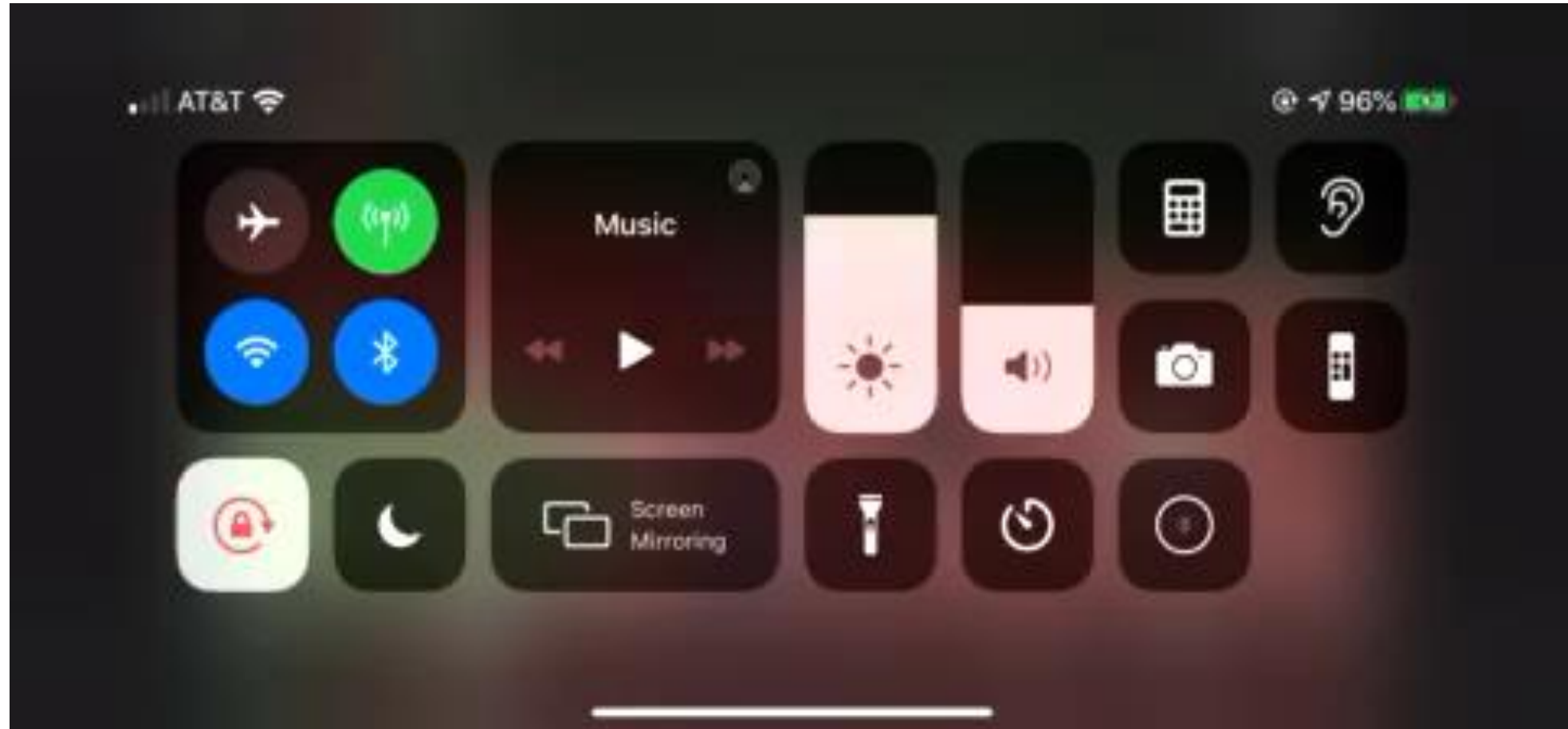
# 4x200m Relay Handoff

- Blind exchange and Silent exchange
- We mark up 10 steps from the international exchanges and the hand mark is once the runner enter the exchange zone.
- Right to Left exchange: The runner is allowed stay to the inside once the baton is received.
- Soon as the outgoing runner receive the baton; switch the baton to the right hand.
- Handoff practice is at the end of workouts to simulate fatigue at the end of the sprint.

# 4x200m Relay Personnel

- 1<sup>st</sup> leg is a strong 200m runner usually one of my top2.
- 2<sup>nd</sup> leg- strong runner 200/400 type to hold position
- 3<sup>rd</sup> leg 100/200 type; speed and strength to make up ground.
- 4<sup>th</sup> leg strongest closer/competitor; usually my strongest 200m person.

# 4X200m Relay



# 4x400m Relay

- Boys

- 3:19.5

- 3:18.3

- 3:17.1

- 3:16.0

- 3:15.4

- 3:13.8 #4 in  
TX

## Girls

- 4:00.5

- 3:59.2

- 3:57.7

- 3:55.0

- 3:52.10

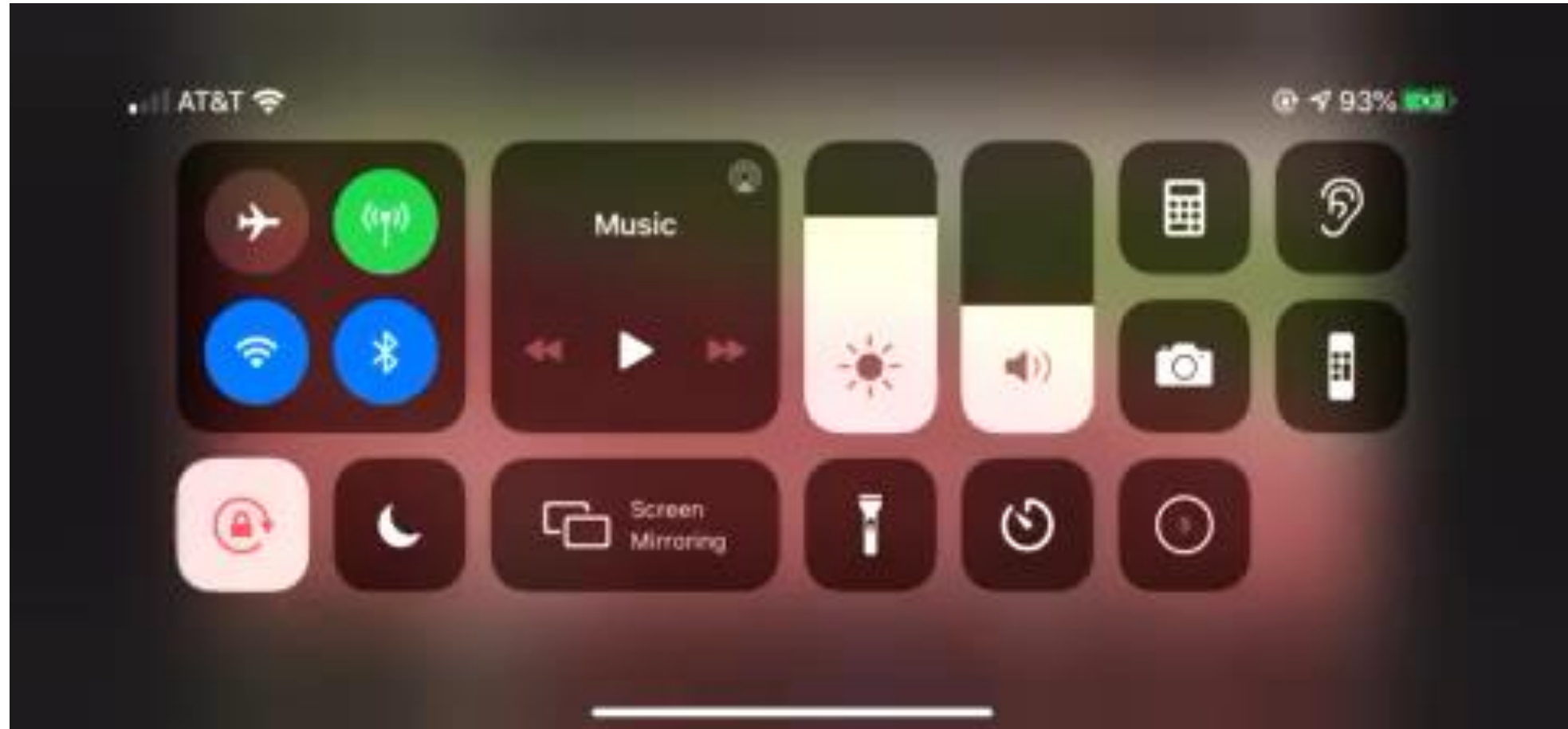
# 4x400m Relay Handoff

- We use a sight handoff; high hand with thumb up
- We emphasize in coming runner focus on the palm of the hand; pushing the baton into the outgoing runner's hand
- We push out hard for 3 strides then turn back thumb up and palm out
- **Note: if timing is off we use completely visual handoff never taking your eye off the incoming runner.**
- 200m endless relays is workout for practicing 4x400m handoff
- We practice handoff at the end of workouts to help with focus.

# 4x400m Relay Personnel

- 1<sup>st</sup> Leg- 400/800 strong runner to position the team at the start
- 2<sup>nd</sup> Leg-200/400 someone to attack the turn to hold the position
- 3<sup>rd</sup> Leg-300IH/400 an individual that can make up any deficit going into the last leg
- 4<sup>th</sup> Leg 400m strongest runner; closer and competitor

# 4x400m Relay



# Contact Info

- Remon Smith
- [rsmith7@kleinisd.net](mailto:rsmith7@kleinisd.net)