

The Relays

The Relay Race

- ✓ **Aim:** To move the baton from start to finish as quickly as possible.
- ✓ **Technique:** To maintain the speed of the baton, it is necessary to match the speeds of the incoming and outgoing runners. The baton must be exchanged when both runners are at maximum speed.
- ✓ **Baton Passing:** There are 2 methods of passing:
 - upsweep – which is recommended at school level
 - downsweep – the preferred method at international level



The baton is passed from right hand to left hand or from left hand to right hand.

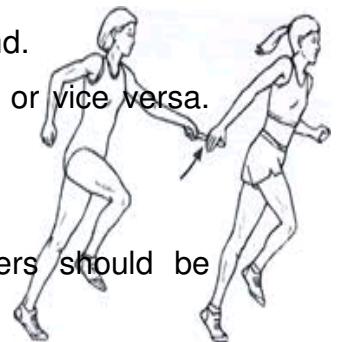
RELAYS UPSWEEP METHOD

Upward sweeping movement to place the baton in the receiver's hand. Incoming runner shouts "hand" and outgoing runner puts hand back to receive baton.



➤ General rules

- a) Outgoing runner holds receiving hand with palm down in wide "V" shape formed between thumb and fingers. Side view.
- b) Baton is swept firmly upward into "V" shaped receiving hand.
- c) Exchange takes place by passing from right hand to left or vice versa. **Never** left to left or right to right as collisions can occur.
- d) Outgoing runner keeps baton in receiving hand.
- e) If **change-over** has been successful, then both runners should be travelling with speed.



RELAY – DOWNSWEEP METHOD

The technique is as for the upsweep but, the outgoing runner holds the hand high and flat to receive the baton. The incoming runner uses a downward sweeping movement to place the baton in the receiver's hand.

VOCABULARY

1. Relay race
2. Baton
3. Sweep movement
4. Incoming and outgoing runner
5. Change-over