

Track events – 4x400 – start / finish crew

Start crew receives start register.

Starter and three timers at start line.

Instructions: This event is four laps. Each runner runs one lap. The lead-off runners will run in lanes through the second turn, then cut to the inside when it is safe. The exchange zone is the between the orange triangles either side of the finish line. The receiving runner shall begin running within the exchange zone; there is no fly zone. Take a moment now to know who is passing the baton to whom.

[Note: three turn stagger is desirable if the track is marked for it. Princeton HS is not.
See USATF Rule 170.]

At the finish line are:

caller
primary timer
second timer

bib recorder

One of the timers should read out lap times, and there should be at least a third watch running.

If possible, an official at the 200 meter point with a walkie-talkie should communicate to start line how to line up outgoing runners.

Note: USATF rule 165 – timing – specifies at least TWO and up to THREE watches all equally official, times taken to next greater tenth of a second. The second fastest watch is the time on the results. Times may be shown to greater precision to illustrate placing. If there are additional timers beyond three, they should be predesignated for priority in case there is a failure of primary three.