

Track events – 8-2-2-4 medley relay – start / finish crew

Start crew receives start register.

Starter and three timers at start line.

Instructions: This event is four laps. The first runner runs two laps. The lead-off runners will run in lanes through the second turn, then cut to the inside when it is safe. The second and third runners run 200 meters, half a lap. The fourth and final runner runs 400 meters, one complete lap.

First exchange zone is between the orange triangles either side of the finish line. The second runner shall begin running within the exchange zone; there is no fly zone.

Second exchange zone is between the orange triangles on the far side of the track. The exchange zone is as marked in the inside lane and straight across the track. There is no stagger. The third runner may begin running in the fly zone 10 meters ahead of the exchange zone. The exchange must occur in the exchange zone.

Third exchange zone is between the orange triangles either side of the finish line. The fourth runner may begin running in the fly zone 10 meters ahead of the exchange zone. The exchange must occur in the exchange zone.

Take a moment now to know who is passing the baton to whom.

Third runners, report to the exchange zone on the far side of the track.

[Note: 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.