

Relay Exchanges

Courtesy of Tom Emmerich

☐ **400m Relay**

2 turn stagger. Lanes all the way. Start on white. All exchanges yellow to yellow triangles. All ExZ 30 meters.

☐ **800m Relay**

4 turn stagger. Start on red. Exchanges 1- 2 red to red triangles, 2-3 red to red triangles, 3-4 yellow to yellow triangles. All ExZ 30 meters.

☐ **1600m Relay**

3 turn stagger. Start on black line. First runner in lane all the way. Exchange 1-2 staggered blue to blue triangles. Second runner in lane for first turn, Cut at dotted line. (cones) Sliding exchanges 2-3 and 3-4 straight line green triangles. All ExZ 20 meters.

☐ **3200m Relay**

1 turn stagger. Start on green, in lane for first turn. Cut at dotted line. (cones) Sliding exchanges straight line green to green triangles. All ExZ 20 meters.

☐ **1600M Medley Relay-200x200x400x800**

4 turn stagger. Start on red. Exchanges 1-2 red to red triangles, 2-3 red to red triangles, 400m leg run entirely in lane, exchange 3-4 is straight line green to green triangles, 3-4 exchange in lanes, cut immediately. 30 meter ExZ for exchanges 1-2 & 2-3. 20 meter ExZ 3-4.

☐ **Sprint Medley Relay-100x100x200x400**

2 turn stagger. Start on white line. Exchanges 1-2 yellow to yellow triangles, 2-3 yellow to yellow triangles, 3-4 straight line green to green triangle. Exchange in lane and cut immediately. All ExZ 30 meters.

☐ **Distance Medley Relay-1200x400x800x1600**

Waterfall Start. Sliding exchanges straight line green to green triangles. All ExZ 20 meters.