

## Shuttle Relay

When running a shuttle relay: -

- Use a normal running action. Hold the baton at the bottom end
- When passing the baton, hold the baton up vertically and stretch your arm out when you are getting close to the next runner
- When taking the baton, stretch your arms out in front of your chest and hold your hands together in a "butterfly" position

NOTE: The person passing the baton should run to the side of the person taking the baton to avoid interference/collisions



## Circular Relays (4 X 100m)

When running a circular relay: -

- Both runners changing the baton should be at or near maximum speed
- As the incoming runner, pass the baton in a downwards direction, firmly into the outgoing runner's hand
- As the outgoing runner, keep your arm extended behind you, hand flat and steady, palm up, eyes forward

NOTE: It is best not to swap the baton from hand to hand whilst running. The first runner should carry the baton in their right hand; the second runner takes and carries the baton in their left hand; the third runner takes and carries the baton in their right hand; and the fourth runner takes and carries the baton in their left hand.



### Sprinting

When sprinting: -

- Keep your head level and still; look to the front
- Hold your trunk and shoulders square to the front
- Keep your body straight
- Hold your hips under your body
- Move your arms, legs and feet in a straight path
- Swing your arms from the shoulder and keep your elbows bent at about 90 degrees
- Lift your knees up
- Lift your heel up high as you bring your knee to the front
- Land on the front part of your foot
- Use light, quick movements
- Use a smooth, flowing action



