

## **Swedish Medley Relay**

The Swedish Medley Relay is conducted over 1000m and involves legs of 100, 300, 200 and 400 metres.

Runner 1 (100m) - The race begins at the 200m start point, and the first runner runs 100m entirely in lanes.

Runner 2 (300m) - The second runner receives the baton within the third 4x100 change over zone. Once athletes enter the straight, they may cut across to run on the inside and may then run the remainder of the second leg in the inside lane.

Runner 3 (200m) - the third runner commences at the 200m start point within the (30m) 4x100 changeover zone for lane 1 (extended outwards by the placement of a cone or something similar at the likely extremity at each end of the zone – both ends so be straight lines as used in 4x400m second and third changeovers). Athletes are lined up in the changeover zone based on the order printed on the start list. Athletes may run the entire third leg in the inside lane.

Runner 4 (400m) - The final change over occurs in the 4x400 change zone. There is no acceleration zone. Athletes enter the changeover zone based on their team's position at the 200m point. They may not change order within the changeover zone. Athletes may run the entire fourth leg in the inside lane.