

Relay Exchange / Lane Judges

EQUIPMENT: Signal FLAG (with both RED & WHITE markers), lane markers. See 2 d below.

SUPPLIES: Lane Assignments (provided by Host School).

1. DEFINITIONS :

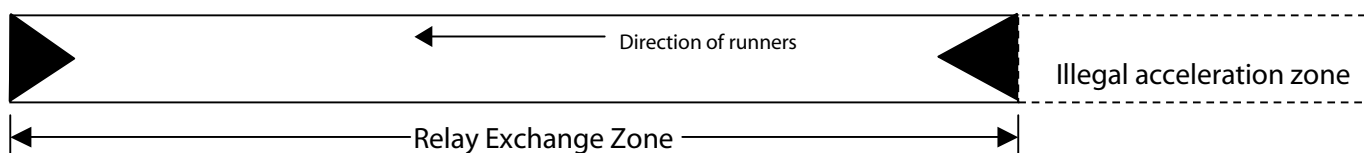
- a. Relay Leg - Distance to run, for one runner of the 4-person relay team.
- b. Exchange Zone - Length of marked track lane, in which incoming and outgoing relay members must exchange the baton. (Exchange Zone is 22-yards long).
- c. Lane Stagers - Placement of staggered starting lines. Achieves equity, for all competitors, for events with one or more curves.
- d. Assigned Lane - Specific running lane to which members of relay team are assigned.

2. Pre-Meet PREPARATION:

- a. Before meet begins, Relay Exchange/Lane Judges should observe "assigned" circumference of track, in order to recognize proper exchange-zone marked lines.
- b. Learn from Starter or Chief Relay Judge, if runners who receive baton at your assigned position, will be escorted or sent to your assigned position?; or, if you need to collect them at the events staging area?
- c. Relay Exchange/Lane Judges should remain at assigned position; obviously for RELAY events, but also for events where competitors run past that position.
- d. Relay runners can place League-supplied markers on the track to help determine when to take off as teammates approach. The exchange judges should monitor placement so that no risk of tripping or falling will arise during the relay race.

3. INSTRUCTING the runners:

- a. Show RED flag, while instructing runners, so Starter knows runners at your position are NOT YET READY.
- b. Initial instruction about relays event was given the runners at the "staging area" or "starting line".
- c. Ensure runners understand "exchange zone" markings and remind them to STAY IN ASSIGNED LANE, during the baton-exchange, AND, to avoid interference with other teams when they finish their relay-leg.
- d. Relay acceleration zones are not permitted. A runner receiving the baton must set up with **BOTH FEET INSIDE** THE MARKED EXCHANGE ZONE, which includes the starting and ending triangles (see below). The baton exchange must be completed before the receiving athlete exits the zone.



4. SIGNAL

Signal starter (with WHITE flag) when your runners have been instructed AND are in position.

5. OBSERVE

Observe event and baton-exchange:

- a. Position yourself so that you can see end mark of each lane's exchange-zone, and, any interference between opposing runners.
 - As there are TWO of you judges at each exchange-zone one of you can observe 1st 4 lanes, and the other can observe the other 4 lanes.
 - b. As reminder to "incoming runners" (racing towards your exchange zone, LOUDLY ANNOUNCE a warning to "STAY IN YOUR ASSIGNED LANE".
 - c. Baton must be handed to next runner; the baton may NOT be thrown.
 - d. Baton must be exchanged within the exchange zone.
 - e. If baton is dropped within exchange zone limits, either runner may pick up baton, AND may pick up baton in any lane, as long as there is no interference.
 - f. INTERFERENCE is called when one runner clearly causes another team's runner to slow down/break stride, because first runner was outside his assigned lane. This results in relay team's disqualification.
 - g. If runner leaves assigned lane for 3 steps and thus gains distinct race advantage, it is a violation and results in relay team's disqualification. If runner is simply off-balance for a step or 2 in another lane,(without interfering with another runner), a violation does NOT occur.
6. When **Disqualification** and/or violation occurs, signal Starter & Head Finish Judge quickly, and proceed to race finish line, to explain the facts. REMEMBER the uniform colors/school name involved (who interfered, and who was put at a disadvantage). When NOT sure of possible violation or uncertain of appropriate ruling, consult with Starter or Meet Director immediately.
7. After all runners have correctly exchanged their batons, **SIGNAL with WHITE Flag.**