

RELAYS

A *relay race* is made up of four sprints of equal distance put together. Each equal distance is called a *leg* and that is the distance each one of four teammates must run. The last person to run in a relay is called the *anchor*. Races where legs are of different distances are called *medley relays*. The most popular relays are the 4 X 100-m (the four by 100 meter relay, which means each of the four runners runs a 100 meter dash) and the 4 X 400-m. We included the 4 X 1-mile relay which is considered more of a dash than a distance run! There are other distance relays which include the 4 X 2-mile and the 4 X 4-mile relays.



Relays runners run their leg much as normal sprinters or distance runners run their races except that the relay runner must carry a foot-long baton that s/he needs to smoothly and quickly pass off to the next runner in the relay. The baton is passed on while both runners are running and the runner receiving the baton a lot of times does not look back because that will

lose precious time! Fumbling the baton, dropping the baton or just not passing the baton quickly enough could mean losing the race