



4 x 400m Relays Guidelines to Umpires

Changeover zone – Blue hooks/lines

2nd athlete – breaks at 800m breakline (green)

The 4 x 400m relay can be confusing for some and it is therefore important that officials give clear instructions to the athletes. Do not assume they know what they are doing.

Process

- Athletes will be brought out to the changeover zone from the Call Room. Make sure you accept responsibility for the 2nd, 3rd and 4th runners. The start team will look after the 1st runners
- Each set of runners needs to be looked after by an official. No one should stray from the group

1st Runner

- Runs the entire lap in their allocated lane

2nd Runner

- You can place the 2nd runners on the track prior to the start of the race. If this is done get all athletes to sit or crouch down. Alternatively have them stand to the side of the track. Move them into position immediately after the start. They receive the baton inside the changeover zone and stay in their allocated lane until they go through the breakline (that is used for the 800m). They can then move into the inside lanes without causing any interference to other teams.

3rd and 4th runners

- They are lined up according to the position of their incoming runner as they go past the 200m mark. There are no lanes they just stand next to one another
- They cannot change their order once the umpire places them on the track even if their runner overtakes someone
- They must start inside the zone
- They may move towards lane 1 as teams before them leave, but cannot change their order
- The lining up of the 3rd and 4th athletes is usually done by the Assistant Chief Umpire with the assistance of another umpire

Encourage the 2nd, 3rd and 4th runners to move to the outside of the track when finished instead of going to the infield where there are cables and photo finish equipment. They cannot obstruct another athlete in doing this.

It is best practice to have an official at the 200 start area with a radio that will communicate the order of runner 2 and 3 back to the official at the finish so it speeds up the lining up of athletes. Both officials need an assistant to write down the order in case of a protest or appeal

All athletes must go through post event.

If there is an issue the Umpire should fill in a report with as much detail as possible and hand to the Track Referee who will make a decision on the report.