

## 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 runners 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.

