

## Let us train for relay - races

Out of athletic events, relay race is an event where the runners take part as teams. Therefore, many runners get the opportunity to participate in the same event at the same time. In a relay race, four runners take turns in running, changing a baton and victory can be achieved through the skills of all the four runners of the team. Maintaining of a maximum running speed throughout the race and changing of the baton correctly and efficiently are very important factors in relay races. For a correct baton change, it is essential that runners have a good training and good understanding among them.

When you were in the previous grades, you engaged in various running exercises in order to improve the running technique.

In this lesson, you will get the opportunity to learn the upsweep technique and the downsweep technique of baton change in relay races, and how the inside change, outside change and the mixed change are done, and also how the visual pass and the non-visual pass are done.

### Baton change techniques

**There are two techniques of baton change according to the way the baton is handed over by the runner who is carrying the baton to the next runner.**

1. Upsweep technique
2. Downsweep technique

#### **Upsweep technique**

In the upsweep technique of baton change, the baton is swept upwards by the giver. The receiver stretches the hand behind so that the palm faces downwards and gets hold of the baton.

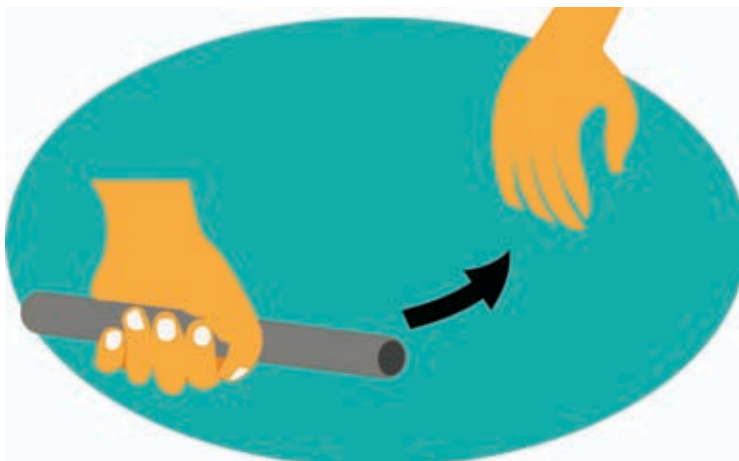


Figure 8.1 - Upsweep technique

### Downsweep technique

In the downsweep technique, the giver sweeps the baton down. The receiver stretches his hand behind turning the palm of the hand upwards and gets hold of the baton.

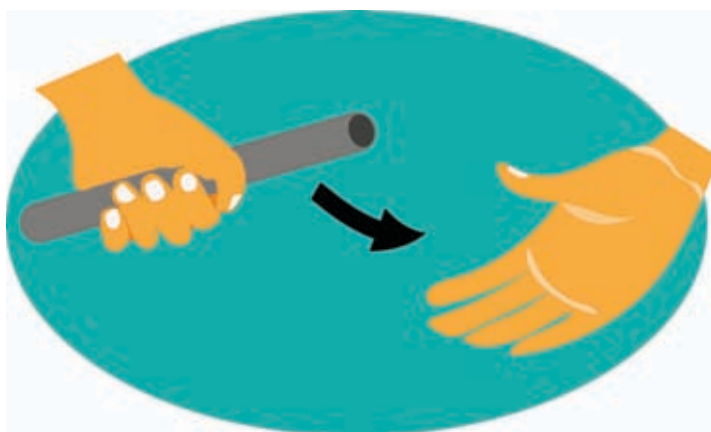


Figure 8.2 - Downsweep technique



#### Activity

Under the guidance of your teacher, engage in practice activities together with your friends in the class to practise the upsweep technique and the downsweep technique of baton change.

1. Inside pass
2. Outside pass
3. Mixed pass

### **Inside pass**

In the inside pass method, the receiver receives the baton in his/her left hand (on the inside of track). The giver carries the baton in his/her right hand.



Figure 8.3 - Inside pass

### **Outside pass**

In the outside pass method, the receiver receives the baton in his/her right hand (on the outside of the track). The giver carries the baton in his/her left hand.



Figure 8.4 - Outside pass

## Mixed pass

In a relay race changing the baton both with the inside pass and the outside pass in turns is called the mixed pass. The mixed pass is suitable for a 4 x 100m relay race run in a 400m track.

**Relay races of different distances are held. Passing the baton is done in two ways based on the distance of the race.**

1. Visual pass
2. Non-visual pass

## Visual pass

If the receiver looks at the baton when receiving the baton in a relay race, it is called the visual pass technique. In this method, the receiver positions the hand so that the palm faces upwards. This method is used in relay races of 4x400m and above.

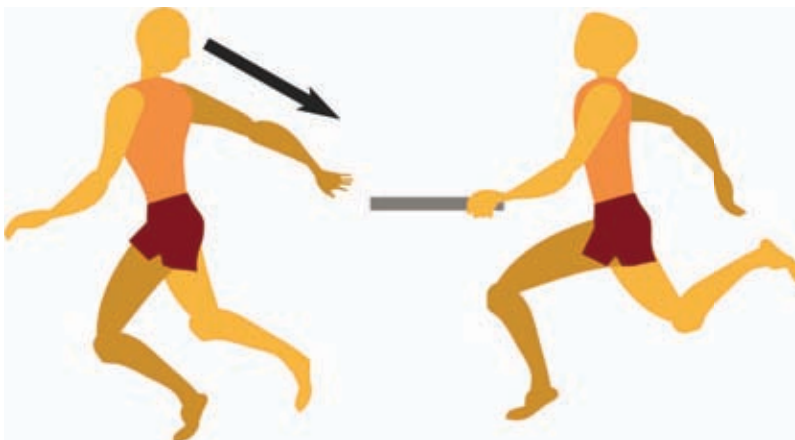


Figure 8.5 - Visual pass

## Non-visual pass

If the receiver takes the baton without looking at the baton in a relay race, it is called the non-visual technique. This method is used for short distance relay races, namely 4x100m races and 4x200m races.



Figure 8.6 - Non-visual pass



### Activity

Go to the playground with your friends and practise changing the baton according to the visual pass technique and the non-visual pass technique.



Let us go outdoor

### Activities for practising the baton change

The following activities can be used to practise the upsweep technique, downsweep technique, inside pass, outside pass and the mixed pass.

- › Get into groups of four and stand in lines as shown in the figure 8.7 so that there is sufficient gap between two students in each line to change the baton.
- › Begin from the student in the back of the line who gives the baton to the third student in it, the third to the second and then the second to the first in the front.
- › Practise doing these activities, first standing in the same place, then walking, next running slowly and finally running fast.



Figure 8.7



#### Activity

Create a lead-up game that is suitable for practising baton change techniques and engage in the game.

## Rules for baton change

1. The baton should be exchanged directly from hand to hand. It should not be thrown.
2. If the baton slips and falls down while it is being exchanged, the runner who handed over the baton should pick it up and give it to the receiver. The receiver should not pick up the baton.
3. Before or after the baton has been exchanged, lanes should not be obstructed so that the other runners are disturbed.
4. The baton should be carried in the hand throughout the race.
5. The baton should be exchanged only within the baton exchange zones.

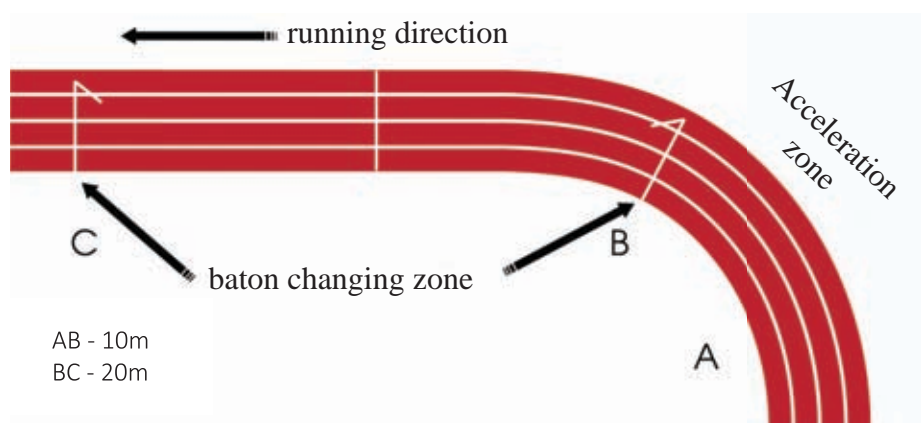


Figure 8.8 - Baton exchange zone

### Summary

Out of athletic events the relay race can be called a team event.

Baton change is a very important factor in relay races. There are two techniques of baton change, namely the upsweep technique and the downsweep technique based on the direction the baton is swept when changing.

Baton change can be divided into three types, namely inside pass, outside pass and the mixed pass based on the side of the body from which the receiver takes the baton.

In relay races, baton change is done in two ways, namely the visual pass and the non-visual pass, as appropriate for the event.

You should engage in practising activities for successful baton change.



## Exercise

1. Describe the upsweep technique and the downsweep technique of baton change in relay races and demonstrate how the baton is changed according to these two techniques.
2. How do the inside pass and the outside pass of baton change differ?
3. Describe how the mixed pass of baton change is done during a relay race.
4. What relay events use visual pass method for baton change?
5. What relay events use non-visual pass method for baton change?
6. State two occasions where a team will be disqualified due to a fault in the baton change?