



# 1600M MID-DISTANCE MEDLEY RELAY

The 1600-meter medley relay will consist of 4 legs in the following order: 200-meter, 200-meter, 400-meter, 800-meter.

## First leg: Runner 1

Runner 1 will start on the four-turn stagger starting line. On a track with typical colors, this is usually a red line. It is the same line that the 4x200-meter relay begins from.

Before the race starts, the second runner must be at their exchange zone. Exchange 1 will be the 30-meter exchange zone halfway around the track and is the same zone as the first exchange zone in the 4x200-meter relay. The exchange between runner one and runner two must take place in the team's assigned lane.

## Second leg: Runner 2

The second runner will run 200 meters around the rest of the first lap and exchange the baton with runner three in the team's assigned lane in the 30-meter common exchange zone. (The zone used for the second exchange in the 4 x 200 m relay.)

## Third leg: Runner 3

The third runner must receive the baton in the team's assigned lane and remain in their lane for their leg. The third runner runs 400 meters or one lap around the track. The final exchange between runner three and runner four is the 20-meter common exchange zone. The exchange between runner three and runner four must take place in their lane. Runner four may break to lane one as soon as it is clear for them to do so after receiving the baton.

## Fourth leg: Runner 4

The fourth runner runs two laps of the track or 800 meters.

All other rules for relays apply to the 1600m Mid-Distance medley relay.