

Swedish Medley Relay

The Swedish Medley Relay is conducted over 1000m and involves legs of 100, 200, 300 & 400 metres.

Runner 1(100m) - The race begins at the 200 metre start, and the first runner runs 100m entirely in lanes.

Runner 2 (200m) - The 2nd runner receives the baton within the third 4x100 change over zone. The second runner may use the acceleration zone. Once athletes enter the straight, they may cut across to run on the inside.

Runner 3 (300m)- The third runner commences at the 300m start point within the 4x100 changeover zone for lane 1. There is no acceleration zone. Athletes are lined up in the changeover zone based on the order printed on the start list. Athletes may run the entire 3rd leg from the inside lane.

Runner 4 (400m)- The final change over occurs in the 4x400 change zone. There is no acceleration zone. Athletes enter the changeover zone based on there teams position at the 200m point. They may not change order within the changeover zone. Athletes may run the entire fourth leg in the inside lane.