



RELAY RACES 4 x 100m

Mixed U/10 yrs (over 8) (Panel 6)
(3 boys/3 girls)

Boys U/12 yrs (Panel 6)

Girls U/12 yrs (Panel 6)

Mixed U/13 yrs (over 10) (Panel 6)
(3 boys/3 girls)

Boys U/14 yrs (over 12) (Panel 6)

Girls U/14 yrs (over 12) (Panel 6)

Mixed U/15 yrs (over 13) (Panel 6)
(3 boys/3 girls)

Boys U/16 yrs (over 14) (Panel 6)

Girls U/16 yrs (over 14) (Panel 6)

1. Lines will be drawn across each lane to mark the stages (100m) to denote the scratch line.
2. Lines will be drawn 10m before and after the scratch line to denote the take-over zone within which lines the baton must be passed.
3. Members of a team other than the first runner may commence running not more than 10m outside the take-over zone. A distinctive mark will be made in each lane to denote the extended limit.
4. A competitor may mark or place a check mark within his own lane.
5. The baton must be carried in the hand throughout the race. If dropped it must



- be recovered by the athlete who dropped it.
6. Competitors after handing over the baton must remain in their own lanes until the course is clear to avoid obstructions to other competitors. Should any competitor impede a member of another team at the finish of a stage he will cause disqualification of this team.
 7. Relays are team events with a registered panel submitted. No substitution is allowed.
 8. Subject to rule 10, any member of the panel may run any leg of the relay at any stage of the competition. No member may run two legs of a race
 9. In the semi-finals and finals of relays at National level, an open draw will be made for lanes at which a manager from each team involved will have the right to be present and witness the draw.
 10. In U10 & U15 mixed relay 2 boys and 2 girls to run.
 11. Age limits for relays are as follows: -
 - a) U/10 years mixed must be over 8 years on 31st of July in the year of Competition



- b) U/12 Boys & Girls must be over 10 years on the 31st of July in the year of competition.
- c) U/14 boys & girls must be over 12 years on the 31st of July in the year of competition.
- d) U/15 years mixed must be over 13 years on the 31st of July in the year of competition.
- e) U/16 years boys & girls must be over 14 years on the 31st July in the year of competition.