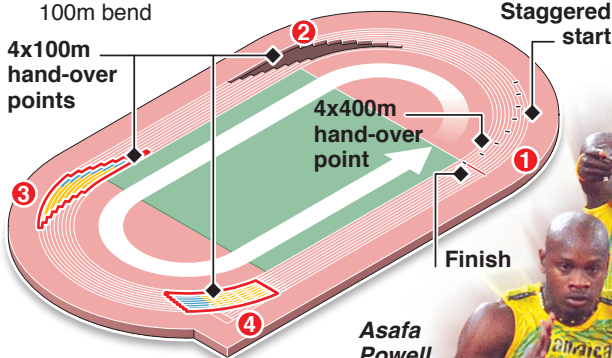


Relay Olympic Stadium

● men ● women

RUNNING ORDER – 4x100m

- 1 Good starter, runs opening 100m bend
- 2 Good “straight” runner
- 3 Good “bend” runner
- 4 Anchor leg – 100m sprint under pressure

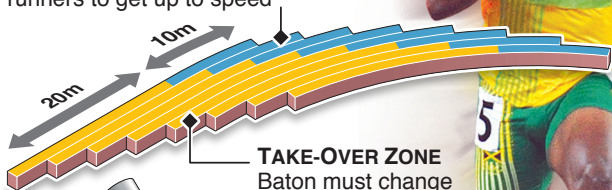


Usain Bolt (JAM)

Asafa Powell (JAM)

ACCELERATION ZONE

Allows second and subsequent runners to get up to speed



TAKE-OVER ZONE

Baton must change hands within zone after which runners must stay within their lanes until course is clear

BATON

Aluminium tube
Length: 30cm
Weight: 50g

4 x 100m

Jamaica holds current world and Olympic records in 4x100m

Olympic record	m	Jamaica	Beijing, 2008	37.10
	w	East Germany	Moscow, 1980	41.60
World record	m	Jamaica	Daegu, 2011	37.04
	w	East Germany	Canberra, 1985	41.37

4 x 400m

Olympic record	m	United States	Beijing, 2008	2:55.39
	w	Soviet Union	Seoul, 1988	3:15.17
World record	m	United States	Stuttgart, 1993	2:54.29
	w	Soviet Union	Seoul, 1988	3:15.17