

Changeover box

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

20m

10m

Acceleration zone

Allows second and subsequent baton-receiving runners to get up to speed

Staggered start

4 x 100m handover points

Finish

Running order

1

Good starter, runs opening 100m *bend*

2

Good *straight* runner

3

Good *bend* runner

4

Anchor leg – 100m *sprint* under pressure

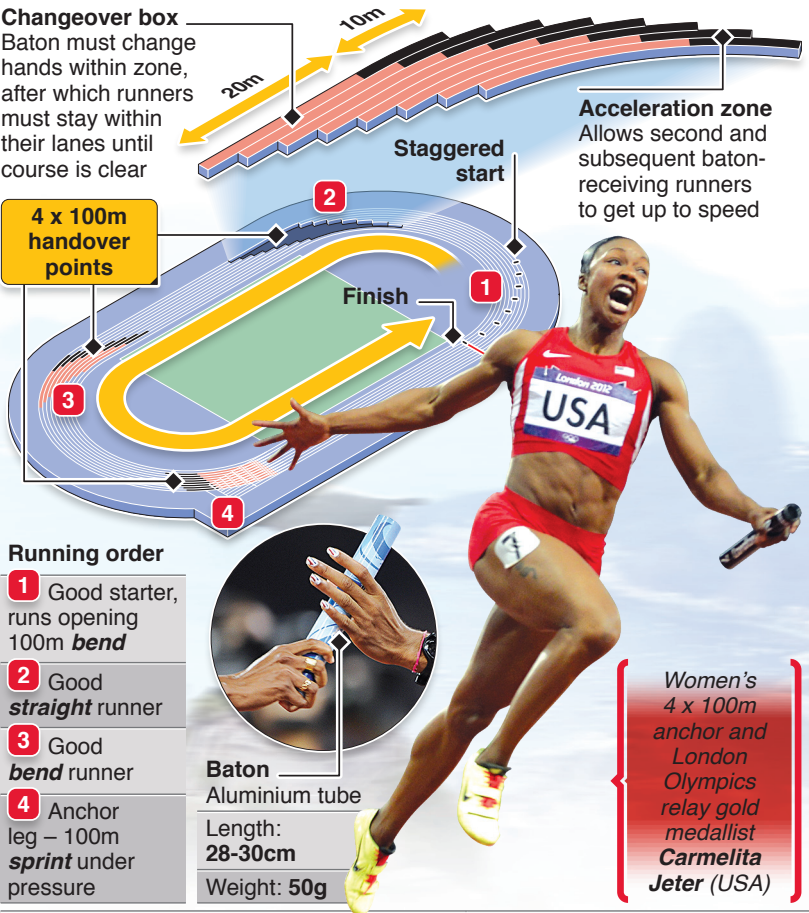
Baton

Aluminium tube

Length: 28-30cm

Weight: 50g

Women's 4 x 100m anchor and London Olympics relay gold medallist **Carmelita Jeter (USA)**



4 x 100m				4 x 400m		
Olympic records	 Jamaica	2012	36.84	United States	2008	2:55.39
	 United States	2012	40.82	USSR	1988	3:15.17
World records	 Jamaica	2012	36.84	United States	1993	2:54.29
	 United States	2012	40.82	USSR	1988	3:15.17