

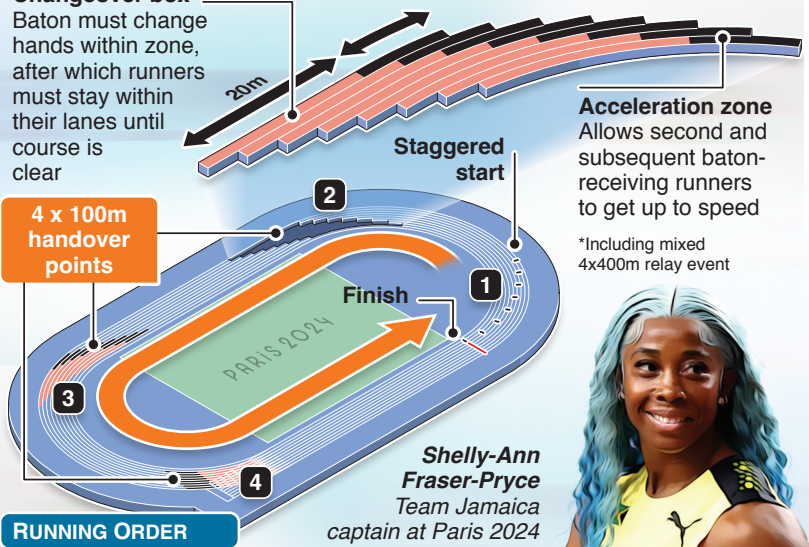


FORMAT

Teams of four runners – contested in men’s and women’s **100m** and **400m** events\* – run equal distances, while passing baton to one another on a rolling start

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

4 x 100m handover points



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

\*Including mixed 4x400m relay event

RUNNING ORDER

- 1** Explosive starter, runs opening 100m **bend**
- 2** Powerful **straight** runner
- 3** Smooth **bend** runner
- 4** Anchor leg – 100m **sprint** under pressure

**Baton**  
Aluminium tube  
Length: **28-30cm**  
Weight: **50g**



**Shelly-Ann Fraser-Pryce**  
Team Jamaica captain at Paris 2024



4 x 100m				4 x 400m			
Olympic record	<b>Jamaica</b>	2012	36.84	<b>United States</b>	2008	2:55.39	
	<b>United States</b>	2012	40.82	<b>USSR</b>	1988	3:15.17	
World record	<b>Jamaica</b>	2012	36.84	<b>United States</b>	1993	2:54.29	
	<b>United States</b>	2012	40.82	<b>USSR</b>	1988	3:15.17	