

scottishathletics Relay Championships – Medley Relay Changeovers

For Summer 2023 the Track & Field Commission have approved a change to the Track Relay championships for Under 15 and Under 13 Athletes.

4x100m and 3x800m races will no longer be held and will be replaced with medley relays.

Under 13 Boys and Under 13 Girls will run a 200m / 600m / 200m / 600m race.

Under 15 Boys and Under 15 Girls will run a 300m / 800m / 200m / 600m race.

The following start lines and relay changeover arrangements will be made.

Under 13 Boys and Under 13 Girls will run a 200m / 600m / 200m / 600m race.

- Start Line: White/Green – 800m Start
- Break Line: Green 800m break line
- Leg 1 athletes will break as they enter the back straight after 100m
- Take Over 1 will be 4x400m style from lane 1 using a 20m changeover zone from the yellow tick in lane 1 denoting the start of the second changeover zone in a 4x100m race.
- Take Over 2 will be 4x400m style from lane 1 using the 4x400m 20m changeover zone around the finish line.
- Take Over 3 will be 4x400m style from lane 1 using a 20m changeover zone from the yellow tick in lane 1 denoting the start of the second changeover zone in a 4x100m race.
- Finish after 4 Laps (1600m)

Under 15 Boys and Under 15 Girls will run a 300m / 800m / 200m / 600m race.

- Start Line: Solid White – 300m Start
- Break Line: as athletes enter the home straight – Prisms will be placed on the track to form the break line.
- Leg 1 athletes will break as they enter the home straight after 200m
- Take Over 1 and 2 will be 4x400m style from lane 1 using the 4x400m 20m changeover zone around the finish line.
- Take Over 3 will be 4x400m style from lane 1 using a 20m changeover zone from the yellow tick in lane 1 denoting the start of the second changeover zone in a 4x100m race.
- Finish after 4 $\frac{3}{4}$ Laps (1900m)