

## **RELAY RACE**

**Country: Greece**

**Equipment: Two batons, white T- shirts, blue trousers**

**Field: Playground / schoolyard**

**Number of players: 7 or more**

The relay race derives from the ancient Greek “agelioforos”, a messenger carrying a military message, handing it to the next messenger and so on, until the message finally reaches its destination.



The relay race first appeared on the Olympic Games of London, in 1912. Today the 400-meter relay race is a significant race in major track and field events, such as the Olympics, the World Championships and national championships. A full lap around a world-class outdoor track is 400 meters. During this race, each runner runs 100 meters with a baton in-hand and stays in his own lane. The leadoff runners start off in starting blocks. They hold the baton in one hand and take off when they hear the starter's gun. If a runner leaves the starting blocks early, the gun fires a second time to indicate a false start, and the race must start again. If a runner makes a second false start, his team is disqualified from the race.



After each runner runs his leg of the 400-meter relay race, he hands off the baton to his teammate. That teammate must receive the baton within a 20-meter area. If the pass comes before or after that area, the pass is considered illegal, and the team is disqualified. Also, if a runner drops the baton while passing or in the middle of the race, the team is disqualified.

The team that completes four separate baton passes legally and successfully and has its last runner cross the finish line first wins the race.

**The relay baton** is a smooth, hollow, one-piece tube made of wood, metal or any other rigid material. It measures between 28-30 centimeters long, and between 12-13 centimeters in circumference. The baton must weigh at least 50 grams.

At school or in the neighborhood it is played by two teams with the same number of players and (at least) one referee. At the beginning the players decide the distance they are going to run, for example until the end of the playground and back.



The two teams form two parallel lines with their players standing one behind another. The first player of each team is holding a baton in his hand and the other players are standing behind him in a straight line.



When the referee says "1,2,3 go!" the first player of each team starts running. When he runs back he has to give the baton to the next player very quickly and then go to the end of the que. Each time a player drops the baton he has to pick it up. 3



After all players have taken their turn in the relay, winner is the team that finishes first.