

4x100 & 4x200: Unlocked

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Hands

- Optimum exchanges can only occur when hands are positioned correctly.
- Hand positioning is the same for both 4x200 and 4x100

Receiving

- Palm back
- Fingers together, thumb spread
- Shoulder height (depends on flexibility of athletes shoulders)
- Arm fully extended (if possible)
- React to baton hitting hand, do not grab for it.
- Create steady target
- Rip baton out of in-coming runners hand

Hands

Giving

- Hold baton so edge of baton is near pinky finger
- Push top of baton into palm of outgoing runner
- Do not let go. Let baton get ripped out of your hand.
- Make exchange ASAP!

Starting

- Wrap pointer finger around baton
- Middle, Ring, and Pinky fingers are together.
- Simulate block hands

4x200

4 runners each sprinting approx. 200m in a 4 turn stagger race with 20m exchange zones and 10m acceleration zones.

Practice Routine

- Baton hand(s) for each runner: 1) Right 2) L/R 3) L/R 4) Left
- Standing Stick: Stair Step formation, Spacing, Running arms, Silent Exchange
- Jogging Stick: Stair Step formation, Jog with spacing, Silent Exchange
- Exchanges in zones: Work 1 & 2 and 3 & 4. Then 2 & 3, while 1 does block start practice on curve.

4x200

- Out-going runners: Start outside, cut in ASAP after getting baton and finish on inside of lane
- 80-90% takeoff speed. Standing takeoff.
- Hand up once in zone (this will change after many practice attempts)
- No Vocals ie. STICK!!!
- In-coming runners simulate 200 fatigue by running 85-90% into exchange.
- Practice various speeds. Athletes need to judge speed coming in and get out accordingly.

4x200

Starting point for outgoing runner can be adjusted to have athlete sprint shorter or longer distances.

- Runner #1: Runs 190-210m
- Runner #2: Runs 180-220m
- Runner #3: Runs 180-220m
- Runner #4: Runs 190-210m

4x200

What would I do in a perfect world?

- 2nd fastest runner (if he is solid in blocks) 1st
- Slowest runner 2nd
- Faster runner 3rd
- 2nd slowest 4th

Goal:

- #1 get close to 210
- #2 get close to 180
- #3 get close to 220
- #4 get close to 190

4x200

- Tape or Landmark
- Heel toe walk 15-18 feet from starting point to trigger point
- Number of feet is determined by speed of in-coming runner, speed of out-going runner, meet experience with same lineup, and wind.
- 3 options:
 - Tape to tape
 - Landmark to tape
 - Landmark as trigger point count steps forward and wait

4x200

Helpful Hints:

- Get baton away as soon as runners are close enough.
- Pass baton without any slowing from in-coming or outgoing runner.
- Don't ditch in-coming runner.
- Hug inside of lane except when receiving baton.
- Like to see exchange happen around 15 meters (measured from where out-going runner starts).
- Account for wind when adjusting trigger points marks
- Can incorporate into endurance workouts. 8x200m. Continuous 5 person relay. 5 boys=2 min. rest (30sec. 200's).
- If needed, incorporate talking in zone (slow slow!, faster!, hand!)
- If needed, incorporate peeking back to check distance.

4x100

4 runners each sprinting approx. 100m in a 2 turn stagger race with 20m exchange zones and 10m acceleration zones.

Practice Routine:

- Baton hand for each runner: 1) Right 2) Left 3) Right 4) Left
- Inside, outside, inside, and outside of lanes
- Standing Stick: Inside/Outside/Inside/Outside formation, Spacing, Running arms, Silent Exchange
- Jogging Stick: Inside/Outside/Inside/Outside formation, Jog with spacing, Silent Exchange
- Exchanges in zones: Work 1 & 2 and 3 & 4. Then 2 & 3, while 1 does block start practice on curve.

4x100

- Takeoff speed is 100% maximum effort. 3 point stance.
- Hand up once in zone. Will change after consistency between runners improves.
- No Vocals ie. STICK!!!
- Each runner stays on their side of the lane for their entire portion of the race
- In practice, in-coming runners start 20m back from trigger point and accelerate as fast as they can into the exchange zone.
- Practice one speed. All out. 100% coming in and going out.

4x100

I do not adjust starting point for outgoing runner. They all start as close to acceleration zone line as possible.

Here are the ranges each runner could “carry the baton” depending on where he/she gets the baton:

- Runner #1: Runs 90-110m
- Runner #2: Runs 80-120m
- Runner #3: Runs 80-120m
- Runner #4: Runs 90-110m

4x100

Since it's an all out sprint from the start point. This information may be more important.

Distances runners could possibly sprint in 4x100 relay:

- Runner #1: Runs 90-110m
- Runner #2: Runs 110-130m
- Runner #3: Runs 110-130m
- Runner #4: Runs 110m

4x100

What would I do in a perfect world?

- Sorry, I've got nothing
- Order depends on athletes you're working with.

Questions to ponder:

- Can each runner receive and handoff with each hand?
- Do you have a great block starter?
- Do you have a hammer?
- Do you have any head cases?
- Have you tried different lineups in meets?
- Do you have any that run the turn well?
- Do you have any athletes with poor sprint mechanics?

4x100

- Start point is always as close as you can get to acceleration line.
- Heel toe walk 20-28 feet from starting point to trigger point.
*Depends on speed of in-coming and out-going runner.
- Put tape on same side of lane that in-coming runner is on.
- As soon as in-coming runner reaches trigger point, outgoing runner takes off full speed from 3-point stance.
- I tend to let athlete decide which 3 point stance is best for them after having them try different ways.

4x100

Helpful Hints:

- Get baton away as soon as runners are close enough.
- Pass baton without any slowing from in-coming or outgoing runner.
- Stay on your side of lane.
- Like to see exchange happen in 2nd half of exchange zone.
- Account for wind when adjusting trigger point marks.
- In practice, try to ditch in-coming runner.
- All or nothing! Do not try to play it safe. This race is won or lost by hundredths of seconds.
- Add feet to trigger points until each athlete has to stretch for each exchange.

Breakdown (Why handoffs matter)

- 2015 4x100 State Champions @ 42.39
- PR's of 11.56, 11.5, 11.28, 11.8
- $23.01 + 23.08 = 46.09$
- $46.09 - 42.39 = 3.7$ sec.

- 2014 4x200 State Champions @ 1:27.41
- PR's of 22.94, 23.56, 23.3, 23.61
- $46.5 + 46.91 = 1:33.41$
- $1:33.41 - 1:27.41 = 6.0$ sec.

Breakdown (Why handoffs matter)

- 2016 4x100 5th place at state @ 42.68
- PR's of 11.56, 11.51, 11.7, 11.6
- $23.07 + 23.3 = 46.37$
- $46.37 - 42.68 = 3.69$ sec.

- 2013 4x100 Missed Exchange @ Sectionals
- PR's of 10.65, 11.58, 11.31, 11.63
- $22.23 + 22.94 = 45.17$
- $45.17 - 3.7 = 41.47$?!?!?!?!?

Questions?