

## BATON EXCHANGE

Here is some information on the relay baton exchange. Last night, I witnessed lots of jostling that occurred among the outgoing runners.

1. The outgoing runner must not touch the baton before the baton is within the exchange zone
2. The outgoing runner must be in sole possession of the baton before the baton leaves the exchange zone
3. The outgoing runner must be entirely within the exchange zone.

a. While the rule does not specify when the outgoing runner must assume a position in the exchange zone, a runner who begins any movement outside the limit of the

exchange zone without at some time taking a stationary position in the exchange zone, violates the purpose of putting prescribed limits on the zone.

b. In relays which are not run in assigned lanes, the outgoing runners shall take a position which corresponds to the positions on the incoming runners.

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