4x100m Relay LET’S GET IT STARTED!

DESMOTO TRACK & FIELD STATE CHAMPIONS
2019

June Villers – June.villers@desotoisd.org
THE 4X100M RELAY

National Record
44.24

Jayla Hollis
Ja’Era Griffin
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Taylor Armstrong

HTTPS://WWW.FACEBOOK.COM/416663281785054/POSTS/2169334159851282/
HTTPS://TX.MILESPLIT.COM/VIDEOS/380718
RIGHT – LEFT – RIGHT – LEFT (Inside-Outside-Inside-Outside)

STEPS 15-22 in upright position  19–28 in 3-point start position
Count back from International and stand at international

2nd and 4th leg – outside of lane look under left shoulder
3rd leg inside of lane look under right shoulder

Baton should be received in second half of exchange zone
4X100 PRACTICE

• KEEP IT ORGANIZED!!! Groups - Coach Initiated - Focused!

• All sprinters practice Relay Hand-offs

• 2 - half  2 - ¾  2 – full (NO MORE THAN 3)
  Baton should ALWAYS be handed off!!!
  Chase out of zone

• Stationary Drills -
  Partner Drill - Correct hand position and height
  Always take baton!  https://youtu.be/imc96r7kooc
  Wall Drill – Hand placement https://youtu.be/xOdKA2RUIWw

• Run-out Drills while doing build-ups during warm-up
  https://youtu.be/f-r-cKlTQec
  ❖ Make sure outgoing runner sets up with toes pointing forward
  ❖ Hand on ground is not too close to feet
  ❖ Back hand comes up above hips in set position
  ❖ Runner looks under armpit, not sideways over shoulder
  ❖ Run out in drive position
3-point start

https://youtu.be/SsbcLIUvPwI
https://youtu.be/b_6arh2-ans
https://youtu.be/1IZ-EqN4rvg
4X100 MECHANICS

- Each leg should set-up in 3 point or 4 point racing position looking “under” (toes, hips, shoulders forward)

- Outgoing runner should watch mark!!! See her girl only in peripheral vision. YOU MUST REMIND THEM OF THIS EVERY RACE!!!

- TAKE OFF AT FULL ACCELERATION!!

- Once incoming running gives “stick” command outgoing runner puts hand back in upside down “V” position (careful to not say thumb down)

- Hand should be approximately shoulder height with fingers slightly cupped CUPPED POSITION ALLOWS FOR NATURAL REFLEX!

- Incoming Runner leaves baton in VERTICAL position and pushes it into palm of outgoing runner. NEVER POINT BATON!!!

- Outgoing runner closes fingers and continues sprint mechanics NEVER TURN OVER WRIST!!!

4th Leg https://youtu.be/hNf0x0f4HV8
2nd Leg https://youtu.be/gVPd0xhPYTY
3rd Leg https://youtu.be/1qGG0iy4yC0
Maximum Velocity RUN – a SPRINT over wickets(slats) with Progressive spacing

USE START LINE AS “ZERO”. First spacing measured from start line.

$$$ REQUIRES FORCE TO DEVELOP MOMENTUM/VELOCITY (WALK UP BLEACHERS)

*Proper sprint mechanics - Tall, toe up, cycle foot, land on ball of foot, push into ground

YOUTH
M 5’4”(2), 5’7”(2), 5’10” (2), 6’1” (3), 6’4” (3), 6’7” (3), 6’10” (3) – 18 str / 7’1” (3) – 21 str
W 4’7”(2), 4’10” (2), 5’1”(2), 5’4”(3), 5’7” (3), 5’10” (3), 6’2” (3) – 18 str / 6’5” (3) – 21 str

COLLEGE
(WK 1-6)
M 5’8”(2), 5’11”(2), 6’2” (2), 6’5” (3), 6’8” (3), 6’11” (3), 7’2” (3) – 18 st
r / 7’5” (3) – 21 str
W 5’1”(2), 5’4” (2), 5’7”(2), 5’10”(3), 6’1” (3), 6’4” (3), 6’7” (3) – 18 str / 6’10” (3) – 21 str

(WK 7-13)
M 5’10”(2), 6’1”(2), 6’4” (2), 6’7” (3), 6’10” (3), 7’1” (3), 7’4” (3) – 18 str / 7’7” (3) – 21 str
W 5’3”(2), 5’6” (2), 5’9”(2), 6’0”(3), 6’3” (3), 6’6” (3), 6’9” (3) – 18 str / 7’0” (3) – 21 str

(WK 14-26)
M 6’0”(2), 6’3”(2), 6’6” (2), 6’9” (3), 7’0” (3), 7’3” (3), 7’6” (3) – 18 str / 7’9” (3) – 21 str
W 5’5”(2), 5’8” (2), 5’11” (2), 6’2” (3), 6’5” (3), 6’8” (3), 6’11” (3) – 18 str / 7’2” (3) – 21 str
4X100 DESOTO 6A GIRLS – 45.10

SHA’VONNE JACKSON, KIRA WHITE, ZARIA WHITTAKER, ALEXIS DUNCAN

- https://www.youtube.com/watch?v=A0rxC-rjJ1M
VIDEOS

https://www.youtube.com/watch?v=57oFftRzq30

Great Southwest 2015  44.68
Candice Hill, Sha’Vonne Jackson, Zaria Whittaker, and Kira White
4X200 DESOTO 6A GIRLS – 1:34.98

https://www.youtube.com/watch?v=0Dk0DTN73u0
4X200 EXCHANGE ZONE

- RIGHT – LEFT – RIGHT – LEFT (Inside-Outside-Inside-Outside)

- STEPS 10-15 upright position
  Count forward from International and stand at that point
  International is go mark

- 2nd and 4th leg – outside of lane look under left shoulder
  3rd leg inside of lane look under right shoulder

- Outgoing runner runs hard to first exchange zone arrow and then puts
  back hand to receive baton. Hold at that speed until baton is received.

- Baton should be received in first half of exchange zone
MECHANICS

- Each leg should set-up in upright racing position looking under at mark (toes, hips, shoulders forward)
- Outgoing runner should watch mark!!! See her girl only in peripheral vision YOU MUST REMIND THEM OF THIS EVERY RACE!!!
- Once outgoing runner crosses first exchange zone arrow put hand back in “V” position with thumb pointing down
- Hand should be approximately shoulder height with fingers slightly cupped
- Incoming Runner leaves baton in VERTICAL position and pushes it into palm of outgoing runner. NEVER POINT BATON!!!
- Outgoing runner closes fingers and continues sprint mechanics NEVER TURN OVER WRIST!!!