



4 x 400m Relay Tracking Report

Date: _____ Time: _____ Event: _____ Venue: _____

Event #: _____ Race: _____ Heat #: _____ Semi #: _____ Final M / F

Instructions:

- This sheet is used to record the positions of the second and third runners, in the 4 x 400m relay, as they exit the back straight i.e. the start of the 200m event. Remember the second runner can move from their allocated lane once the athlete crosses the breakline (green) at the exit of the bend.
- As one official, with a radio, relays this information to the official at the finish line with a radio, a second official at the 200m mark records the order.
- Likewise, at the finish line, the official with the radio will share the 'running order' of the athletes at the 200m mark with the appropriate umpires placing the third and fourth athletes on the track.
- A second official at the finish line will record the 'running order'.
- This information will be extremely useful if there is a disqualification at the second and third change and IAAF Rule 170.20 is breached. The 'paperwork' will provide written evidence to the team (s) being disqualified and available in the case of an appeal to the jury.

Circle the position below where the tracking sheet was completed:

200m Start Line

Finish Line

Change 2

Change 3

Position	Team	Position	Team
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	
10		10	

Umpires Name: _____

Umpires Signature: _____