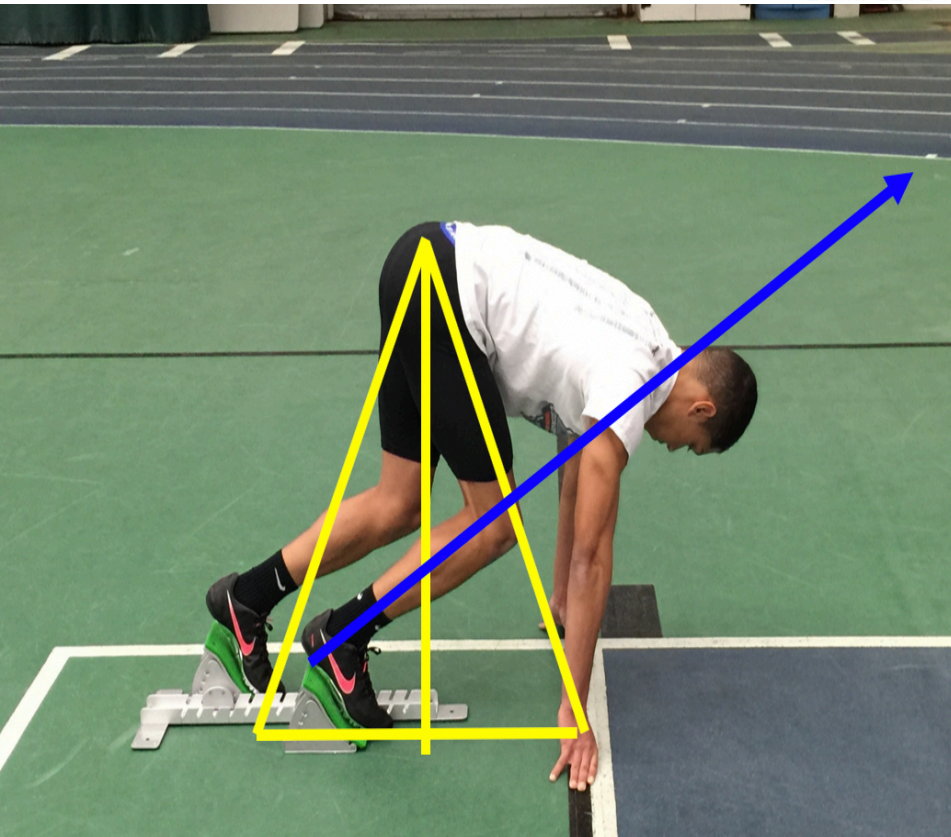


THE 4X100 METER RELAY

RELAY LEG SET UP POSITIONS



LEAD LEG

STARTING BLOCKS SET UP



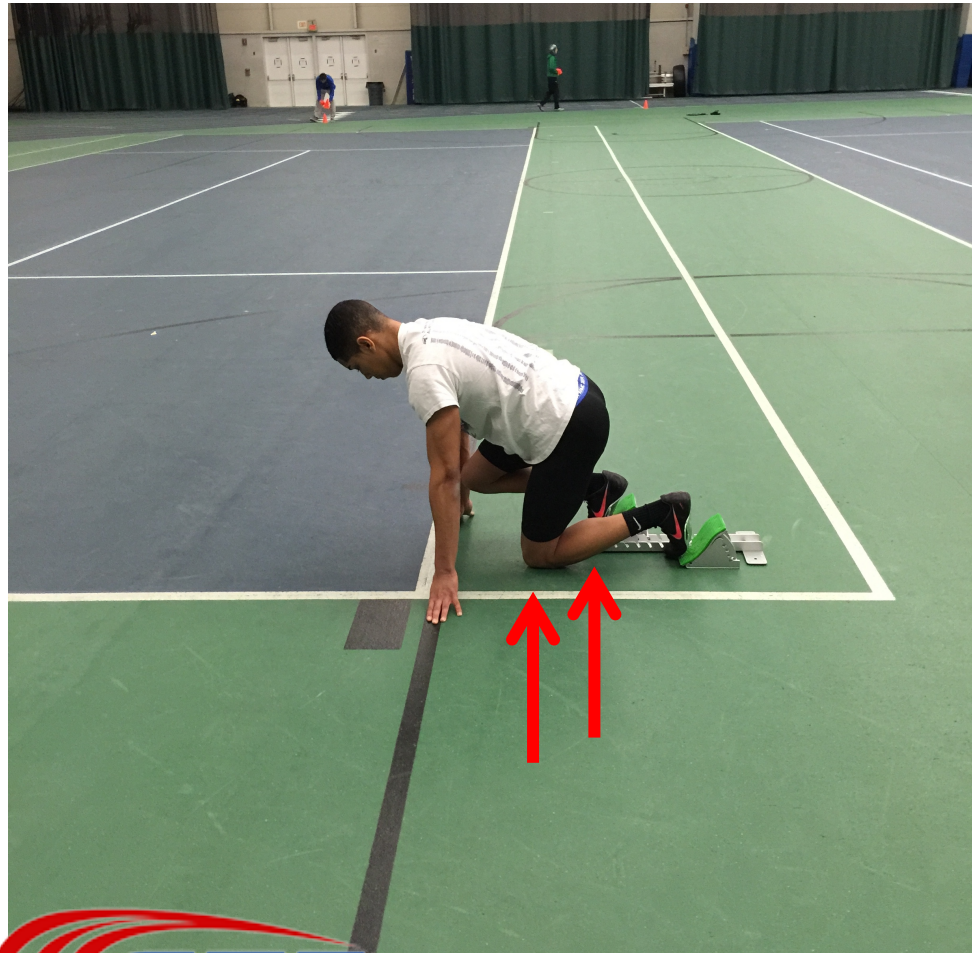
STARTING BLOCKS CHECKLIST

1. FRONT LEG
KNEE 'KISSES'
THE INSIDE OF
THE ELBOW.



STARTING BLOCKS CHECKLIST

1. FRONT LEG
KNEE 'KISSES'
THE INSIDE OF
THE ELBOW.
2. BACK LEG
KNEE 4-6"
AHEAD OF
FRONT LEG
TOE.



STARTING BLOCKS CHECKLIST

1. FRONT LEG
KNEE 'KISSES'
THE INSIDE OF
THE ELBOW.
2. BACK LEG
KNEE 4-6"
AHEAD OF
FRONT LEG
TOE.
3. BACK THIGH IS
VERTICAL.



STARTING BLOCKS CHECKLIST

1. FRONT LEG KNEE 'KISSES' THE INSIDE OF THE ELBOW.
2. BACK LEG KNEE 4-6" AHEAD OF FRONT LEG TOE.
3. BACK THIGH IS VERTICAL.
4. FRONT SHIN IS PARALLEL TO THE TRACK.



STARTING BLOCKS CHECKLIST

1. FRONT LEG KNEE 'KISSES' THE INSIDE OF THE ELBOW.
2. BACK LEG KNEE 4-6" AHEAD OF FRONT LEG TOE.
3. BACK THIGH IS VERTICAL.
4. FRONT SHIN IS PARALLEL TO THE TRACK.
5. HANDS UNDER SHOULDERS & SHOULDERS OVER THE HANDS.

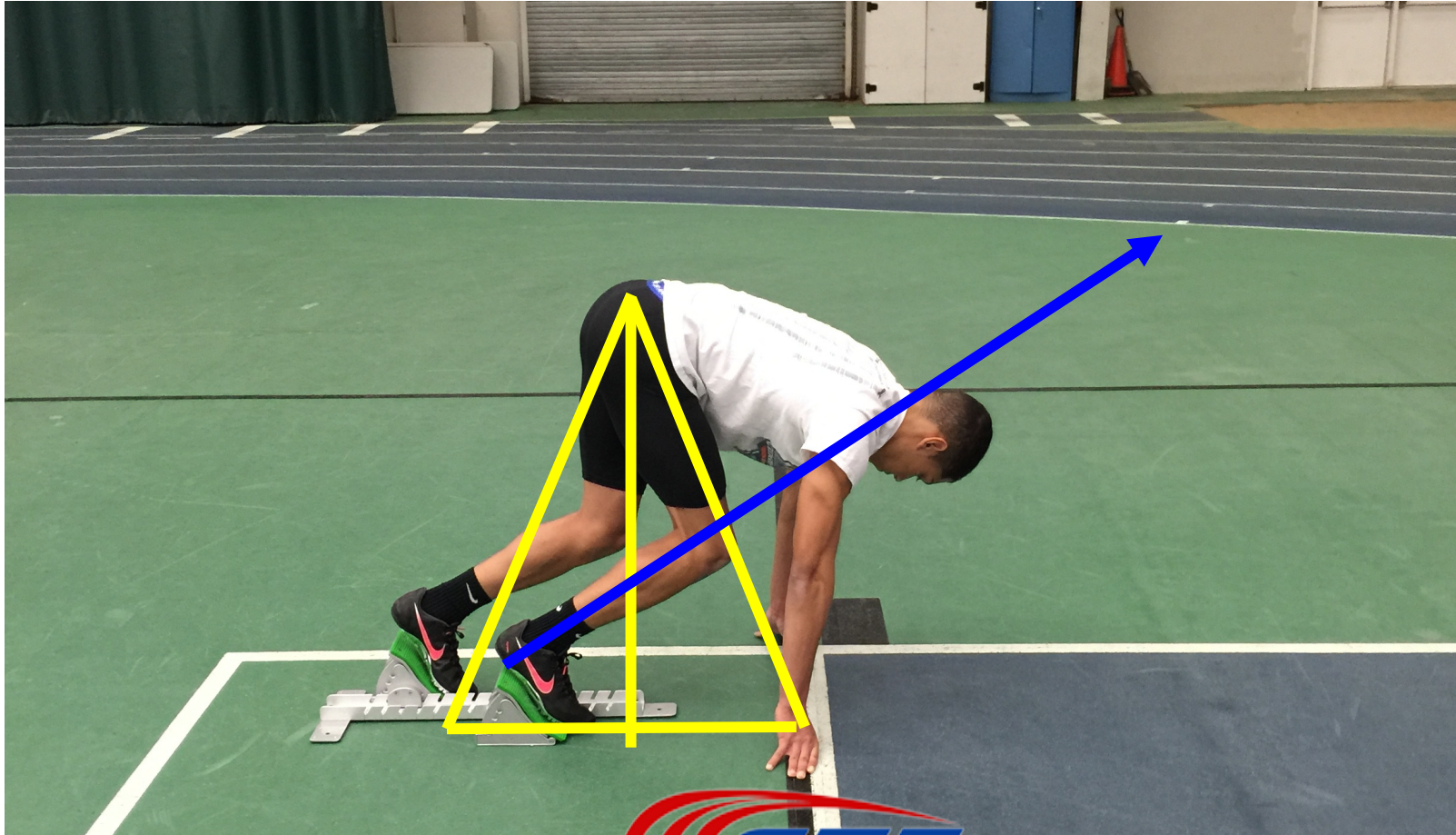


STARTING BLOCKS CHECKLIST

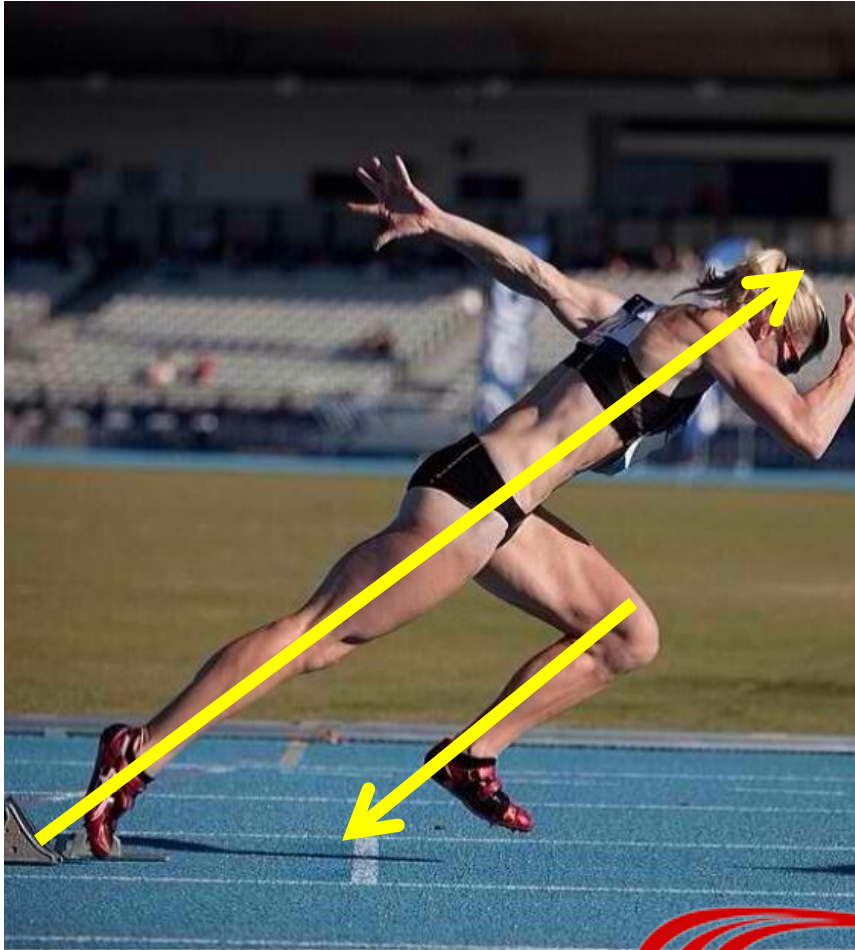
1. FRONT LEG KNEE 'KISSES' THE INSIDE OF THE ELBOW.
2. BACK LEG KNEE 4-6" AHEAD OF FRONT LEG TOE.
3. BACK THIGH IS VERTICAL.
4. FRONT SHIN IS PARALLEL TO THE TRACK.
5. HANDS UNDER SHOULDERS & SHOULDERS OVER THE HANDS.



THE 'SET' POSITION



PUSHING THROUGH THE 'POST' POSITION



2ND OR 4TH LEG

OUTGOING RUNNER STANCE



WHEN THE LEFT LEG IS THE POWER (FRONT) LEG

1. LEFT LEG FORWARD
2. LEFT ARM BACK
3. LOOK BACK JUST OUTSIDE THE LEFT KNEE



WHEN THE RIGHT LEG IS THE POWER (FRONT) LEG

1. RIGHT LEG FORWARD
2. LEFT ARM FORWARD
3. LOOK BACK UNDERNEATH THE LEFT ARM PIT



3RD LEG

OUTGOING RUNNER STANCE



WHEN THE LEFT LEG IS THE POWER (FRONT) LEG

1. LEFT LEG FORWARD
2. RIGHT ARM FORWARD
3. LOOK BACK UNDERNEATH THE RIGHT ARM PIT



WHEN THE RIGHT LEG IS THE POWER (FRONT) LEG

1. RIGHT LEG FORWARD
2. RIGHT ARM BACK
3. LOOK BACK JUST OUTSIDE THE RIGHT KNEE

