**Relay Changeover Tracking Form**

**4x400m (indoors)**

Men  Women  Heat  (Heat No:………) Final

* *This form should be used to record the positions of the runners at the end of the back straight (before they enter the final bend) on their* ***2nd*** *lap.*
* *One official with a radio (positioned at the end of the back straight) relays this information to the official at the finish line so the athletes can be lined up in the correct order for the changeover. A second official, also positioned at the end of the back straight, notes the order called on this form.*
* *An official at the finish line should also record the order in which the athletes are placed on the track.*

***Tick the position where this form has been completed:* End of back straight  Finish Line**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CHANGEOVER 1** | |  | **CHANGEOVER 2** | |
| **Order** | **Team** |  | **Order** | **Team** |
| 1 |  |  | 1 |  |
| 2 |  |  | 2 |  |
| 3 |  |  | 3 |  |
| 4 |  |  | 4 |  |
| 5 |  |  | 5 |  |
| 6 |  |  | 6 |  |

|  |  |
| --- | --- |
| **CHANGEOVER 3** | |
| **Order** | **Team** |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |
| 6 |  |

**Name:**………………………………. **Signature:**……………………