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Date: February 27,2020

To: Track and Field Coaches and Officials

From: Assistant Directors of Track and Field Chris Kedge and Jackie Martinez

Subject: Exchange Zones for Relays

The purpose of this correspondence is to clarify the new NFHS rule regarding exchange zones. Your school does not need to repaint the exchange zones. What use to be the acceleration zone, designated by the small triangle, is now your entire exchange zone, which is 30 meters in length.

400 Relay

All three exchange zones would be 30 meters in length.

Medley Relay

The first and second handoffs (200M to 200M and 200M to 400M) would have a 30 meter exchange zone. The third handoff (400M-800M) would only have a 20 meter exchange zone. NFHS RULE 5.10.6 Note: All exchange zones for races over 200m will remain at 20m.

1600 Relay

No change. All exchange zones would be 20 meters in length. NFHS RULE 5.10.6 Note: All exchange zones for races over 200m will remain at 20m.

800 Relay

The first two handoffs would have a 30 meter exchange zone. The final handoff (from the third runner to the fourth runner) would only have a 20 meter exchange zone as it has in the past. The reason the final exchange zone is only 20 meters is because they no longer have a lane assigned to them.

** Of course, when you are competing in other states you would need to follow the rules of the state you are participating in and NFHS when it comes to the 800 relay.

** Exchange zones changes apply to both junior high and high school competitions.

