

The 800 Meter Relay Exchange Zones

The 4x200 will be run in a 3-turn stagger

- A. **1st leg entirely in lanes**
- B. **1st exchange in lanes and 2nd leg breaks after 1 turn**
- C. **2nd and 3rd exchange set according to team place and use the standard 20M exchange zone**
- D. **Note: There are No “Acceleration Zones.”**