

Course Name - Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (B) II

Paper No. - B

Lecture No. – 17

Lecture Title
Relay Race - 1
FAQ's

Q-1 What is relay race?

Ans : A race between two and more teams of contestants, each contestant being relieved by a teammate after running part of the distance.

Q-2 When in history relay race started?

Ans- The relay race, which is now an Olympic event, first began with Aborigines carrying messages between tribes. Legends were passed from generation to generation and from tribe to tribe.

Q-3 What are the two standard relays in athletics?

Ans- The two standard relays are the 4×100 metres relay and the 4×400 metres relay. Traditionally, the 4×400 m relay final are the last event of a track and is often met with a very enthusiastic crowd, especially if the last leg is a close race.

Q-4 What are Long distance Relays?

Ans- Long-distance relays have become increasingly popular with runners of all skill-levels. These relays typically have 5 to 36 legs, each usually between 5 and 10 kilometres (3.1 and 6.2 mi) long, though sometimes as long as 16 kilometres (9.9 mi). Races under 100 kilometres (62 mi) are run in a day, with each runner covering one or two legs. Longer relays are run overnight, with each runner typically covering three legs.

Q-5 How many members team are there in Relay Races?

Ans- Relay races are for teams of four runners, each carrying a baton for a given distance or stage before passing it to the next team member. The handover needs to be accomplished with speed and dexterity within a defined take-over zone.