

**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**

**References**

- 1. The Relay Race (Pied Piper Books) Paperback – 31 Jul 1986 by Allen Saddler (Author), G. Floyd (Illustrator)**
- 2. Mastering Running (Masters Athlete Series) Paperback – June 25, 2014**  
By Cathy Utzschneider

**Links**

[trackandfield.about.com](http://trackandfield.about.com)

<https://www.britannica.com>