

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

Summary

Relay race is a track and field event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner. In this game rules must be applied: start with piston or another starting device; run in lanes marked with chalk lines on the tack; running with chalk lines on the track; running with opposing teams; accurate timekeeping and use of finishing tape. The role of officials is also important like in other games and need a track record for every athlete.