

Inter-school Athletics Championships
HK Island & Kowloon Secondary Schools Regional Committee

4 x 400m Relay Race

1. Four members of a 4 X 400m Relay Team should wear same colour identical sport uniform bearing school name, abbreviation or identity. The 4th athlete should stick the lane number label on the right hand side of his shorts.
2. The first runner should take a baton from an official and ready to commence the race in his own lane. The colour of the starting line is White-Blue-White.
3. After the start of a race, the 2nd runner shall place himself inside the take-over zones on his own lane. Each take over zone shall be 20m long and marked by blue colour.
4. The 2nd runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3rd and 4th athletes shall begin running from within their take-over zones.
5. After the passing of baton is completed, the 2nd runner shall run in his own lane and may break from his lane immediately he has passed the line after the first bend (break line) which shall be marked in green colour near the start line of 1500m race.
6. The take-over zone of 3rd and 4th athletes will be the 10m lines either side of the finish line. The athletes in the third and fourth legs shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members are they complete 200m of their legs. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. Should any athlete not follow this rule he shall cause the disqualification of his team.
7. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or zones, in this last case until the course is clear to avoid obstruction to other athletes. Should any athlete willfully impede a member of another team by running out of position or lane at the finish of his stage, his team shall be disqualified.
8. After a race is completed, the 4th athlete should return the baton and lane number label to an official, and to retrieve student registration cards of his team from a table near the finish area.

香港學界體育聯會
港島及九龍地域中學分會

4x400m 接力比賽之安排

1. 同隊四名運動員必須穿著同色同款印有該校標誌的運動衣，第四棒運動員在運動褲右面貼上線道號碼貼紙。
2. 4x400m 接力不設助跑區，運動員只可在接棒區內開始起跑，不能在接棒區外助跑。
3. **第一棒**
 - 運動員領取接力棒後到指定的線道起跑線準備比賽；
 - 起跑線顏色為「白-藍-白」色相間；
 - 必須採用蹲踞式起跑；
 - 全程均為分道跑，不能切線。
4. **第二棒**
 - 運動員應於起跑後到本隊線道的接棒區內等候；
 - 接棒區長 20 米，前後以藍色勾線為記，不設助跑區；
 - 完成接棒後，必須在自己的線道上前進直至超越「搶道線」後方可切線；
 - 搶道線位於第一彎道後(1500 米起跑線附近)，以綠色弧線為記；
 - 提早切線將被取消資格。
5. **第三棒或第四棒**
 - 運動員須依照賽會工作人員安排於接棒區開始的指定位置等候接棒；
 - 接棒區為終點線前後各 10 米，以藍色虛線為記；
 - 排位次序以同隊運動員到達 200 米之順序為準，由內至外依次排列，不能自行更改，違者可導致全隊被取消資格。
 - 必須在接棒區內開始起跑及接棒，不設助跑區；
 - 全程均為不分道跑。
6. 運動員在接棒前及/或交棒後，應留在各自分道或接力區，直至跑道或接力區暢通，以免妨礙其他運動員。任何運動員在完成其跑程後，跑離所在位置或分道而蓄意阻礙其他接力隊員，將取消該隊的比賽資格。
7. 賽後，第四棒運動員應交還接力棒，領回運動員證及交回線道號碼貼紙。