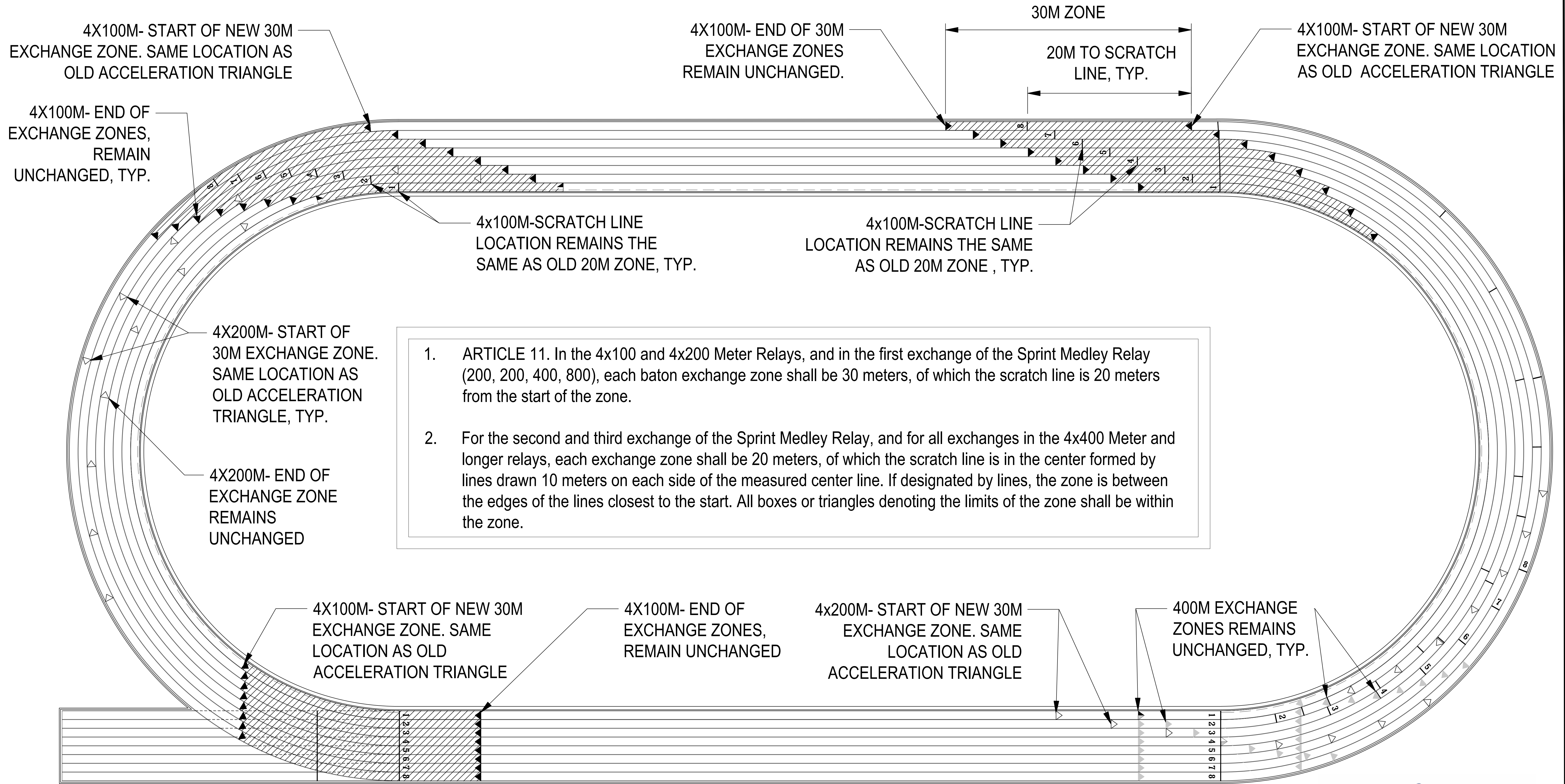
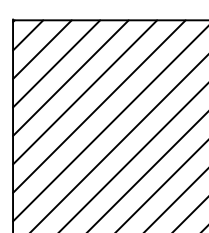


NEW 30M NCAA/NFHS EXCHANGE ZONE LAYOUT



- ARTICLE 11. In the 4x100 and 4x200 Meter Relays, and in the first exchange of the Sprint Medley Relay (200, 200, 400, 800), each baton exchange zone shall be 30 meters, of which the scratch line is 20 meters from the start of the zone.
- For the second and third exchange of the Sprint Medley Relay, and for all exchanges in the 4x400 Meter and longer relays, each exchange zone shall be 20 meters, of which the scratch line is in the center formed by lines drawn 10 meters on each side of the measured center line. If designated by lines, the zone is between the edges of the lines closest to the start. All boxes or triangles denoting the limits of the zone shall be within the zone.

	4X100M-30M EXCHANGE ZONE LOCATION PER NEW RULE	▶ 4X400M-EXCHANGE ZONE
		▷ 4X200M-EXCHANGE ZONE
		▶ 4X100M-EXCHANGE ZONE

