A.F. Adderley Junior High School

Physical Education Department

Track and Field

Baton Exchange Worksheet

Instructions: place the correct answer in the spaces provide, your answer should be written in lower case letters.

Word Bank					
visual pass	baton	exchange zone	six		
400m	disqualified	starting block	anchor	three	blind pass

1. The area on the track where the baton is passed is called the _____.
2. The _____ is passed from teammate to teammate during a relay race.
3. A relay team is consisting of _____ runners.
4. Two types of relay passes are _____ and _____
5. The _____ leg is the last leg on a relay team.
6. A standard track measures _____ in diameter.
7. There are _____ exchange zones on a track in a relay race.
8. When the baton is passed out of the exchange zone the team is _____
9. The _____ pass allows you to look back before receiving the baton during a relay race.
10. The equipment used in a relay race are _____ and _____

LIVEWORKSHEETS