

**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 \_\_\_\_\_.