

# HALDON RELAYS

## CHANGE OVER PLAN

IT IS RUNNERS RESPONSIBILITY TO BE IN THE CHANGE OVER PEN IN GOOD TIME READY FOR CHANGE OVER.

We will seek to flag up when runners are approaching but ultimately it is the runners responsibility to be ready. Please do not clog up start line by moving out of holding pen too early.

1st Leg Runners will start on mass from yellow dashed line.

Next leg runner (and so on) must wait in holding pen until they see team member approaching, then exit pen onto line. When the in-coming runner crosses the line the out-going runner starts.

**NEXT LEG -  
HOLDING PEN**

**FINISH  
START**

King's Rd

