

A close-up photograph of a hand with a tattoo passing a blue baton to another hand. The background is a blurred blue sky. The text "THE BATON" is overlaid in white, bold, sans-serif capital letters, centered within a thin white rectangular border.

# THE BATON



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## RELAY RACES

*Rule #25. The baton shall be a smooth hollow circular tube made of wood, metal or other rigid material in one piece. Its length shall be between 28 and 30cm. Its circumference shall be 12-13cm and it shall weigh not less than 50g. No material or substance may be applied to the baton.*

**1. It has to be the  
right baton.**



**OUR BATON**

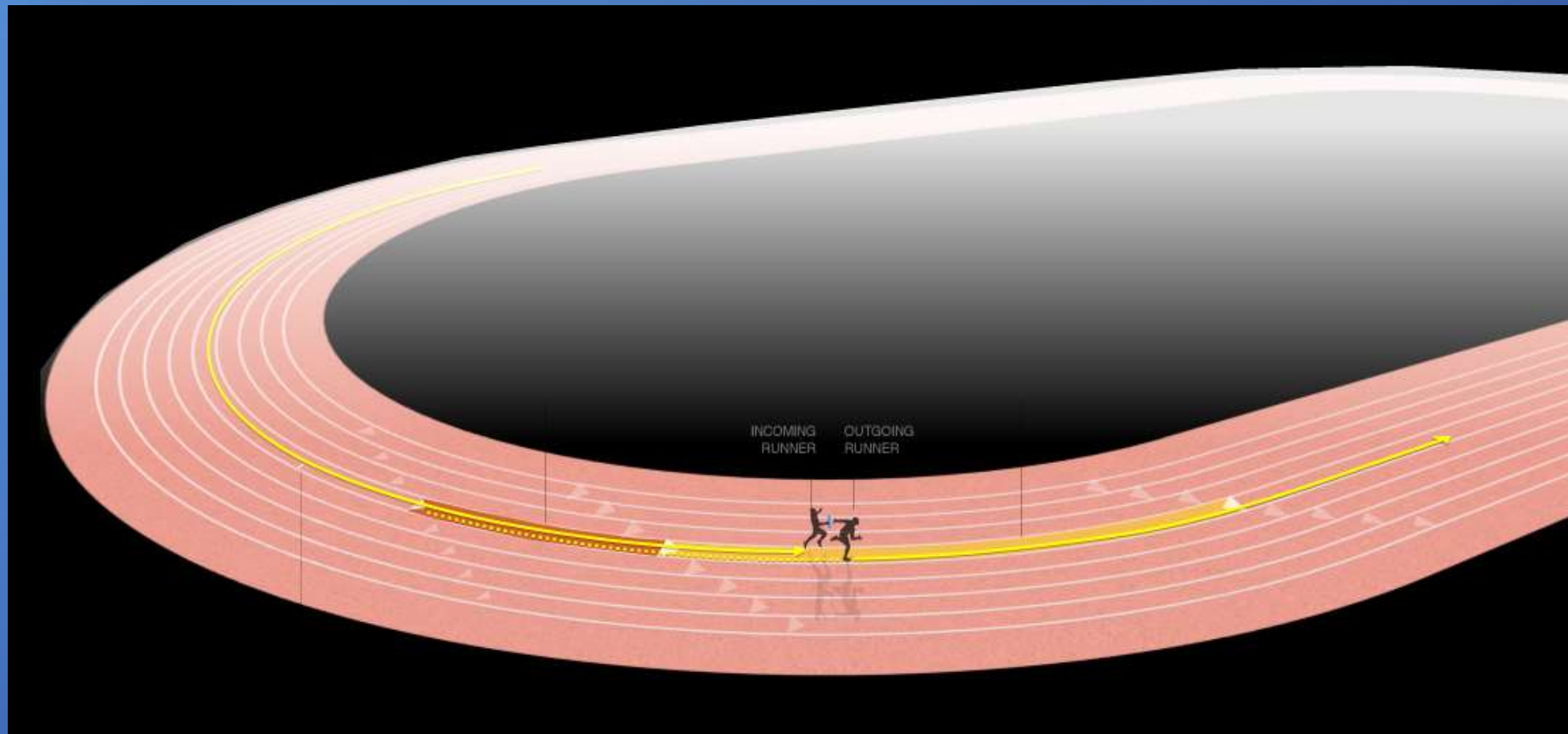
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**THE GOSPEL**

## RELAY RACES

*RULE #2. Each take-over zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.*

**2. The space to  
pass the baton is  
limited.**



Make the most of the  
time

## RELAY RACES

*Rule #12. The baton shall be carried by hand throughout the race. If dropped, it shall be recovered by the athlete who dropped it. He/she may leave the assigned lane to retrieve the baton, provided no other runner is impeded and provided that by doing so, the distance to be covered is not lessened.*

**3. A dropped baton is  
not the end of the race.**

**The race is not over**



It is WHO and HOW  
time

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