



RUNNING THROUGH THE FAST LANES

SPRINT RELAYS MARTISE SCOTT

1



4X100 4X200 AND THE 4X400



2



4X100M RELAY

• VIDEO: https://youtu.be/sAfhf_u_QBI

3



4X200M RELAY

• VIDEO: <https://youtu.be/R9w80Q-qUvM>

4



4X400M RELAY

• VIDEO

5



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