

B-1 USA INDY

500

Equipment: 4 large cones for the corners
 4 small cones for team lines
 4 relay batons

Directions:

1. Teams line up single file behind their cone toward the inside of the running area. Count numbers on teams to see if they are equal, if not, have some team members take extra turns.
2. The first person in line has the relay baton and is standing on the painted "X".
3. On the signal, the first person runs all the way around the running track and passes the baton to the second person on their team who is now standing on the "X". Continue until all members have had a turn.
4. No cutting corners. Sit down after they have had their turn.