

Abstract

Title (Topic of the thesis): Question of a baton exchange during 4×100 m women

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Methods:

The methodology of the thesis aimed at the evaluation of the relationship between the athletic performance of the 4×100 metres relay and the member of this relay. The following three methods were applied in the thesis:

- The first procedure focused on the evaluation of the level of the relay exchange according to Dostál (1985), Vonstein (1988) and Oberste & Wiemeyer (1991).
- The second one analyzed the running technique in four different parts of the relay before the baton exchange.
- The third one considered the attitudes towards the practice of the relay exchange given the conditions in athletic clubs.

Results:

The goal of my thesis was to extend the knowledge of the level of a baton exchange in 4×100 meters women. Based on the video recording of individual competitions and using questionnaires it is possible to conclude that the level of preparation of women's relay team is low. There is no regular and systematic preparation since everything is subordinated to the individual needs of the sprinter. The relay teams kept the same members with some exceptions. The analyzed relay teams achieved average results throughout the year.

After making a comparison with Dostal (1985), Vonstein (1988) and Oberste & Wiemeyer (1991) one may conclude that the most frequently used baton exchange is up sweep recommended by Dostal (1985).

According to the questionnaires which were made during the second round of „extraliga“ of the teams and during the Czech Championship, the practice in the track and field clubs is irregular or is lacking completely.

Key words: 4×100 relay, exchange of baton, women, sprint, questionnaire, attitude.