

RELAY FORM

Circle Relay:

200 free 400 free 800 free 200 Medley 400 Medley

Circle Relay Sex:

Male Female Mixed (2 women, 2 men, any order)

Team/Workout Group: _____

Label (A,B,C,...): _____

Seed Time: _____

Note: All four swimmers must be from the same USMS club. Unattached swimmers may not compete on relays. Swimmers from different NEM Workout Groups may form a relay as “NEM-unattached”. Label each relay in an event with a letter (“A”, “B”, “C”, etc.). Example: in the 200 Free Relay your Workout Group/Team has 2 men’s, 2 women’s and 2 mixed relays. Label the six 200 Free Relays “A” through “F”. Swimmers may not swim on both a single gender and mixed gender relay for the same relay event.

Swimmers (in correct order):	<i>Age on</i>
	<i>12/31/02</i>
1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____

Sum of Ages: _____

Circle Relay Age Group:

76-99 100-119 120-159 160-199 200-239 240-279 280-319

The *sum of ages* of the relay participants determines the age group!

*******Check here to make leadoff time official: _____*******

If the second swimmer starts in the water, you may not request an official relay leadoff split time since the touch pad may be hit early.