

# 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.

<b>Swimmers (in correct order):</b>	<b><i>Age on</i></b>
	<b><i>12/31/03</i></b>
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.**