

RELAY FORM

Circle Relay:

200 Medley 400 free 200 free 400 Medley 800 free

Circle Relay Gender:

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

USMS Club or NEM 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):

*Age on
12/31/06*

- | | |
|----------|-------|
| 1) _____ | _____ |
| 2) _____ | _____ |
| 3) _____ | _____ |
| 4) _____ | _____ |

Sum of Ages: _____

Circle Relay Age Group:

72-99 100-119 120-159 160-199 200-239 240-279 280-319 320-359

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, please indicate here: _____

If the second swimmer starts in the water no relay split time will be granted since the touch pad will be hit early.