

# RELAY FORM

## Circle Relay:

200 free    400 Medley    200 Medley    400 free    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.

<b>Swimmers (in correct order):</b>	<i>Age on</i> <b>12/31/08</b>
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.**