

# 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  
12/31/2009*

- |          |       |
|----------|-------|
| 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.**