

RELAY FORM

Circle Relay:

Friday Saturday Sunday
800 free 200 med. 400 free 200 free 400 med.

Circle Relay Sex:

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

Team/Workout Group: _____

Relay Label (A/B/C/etc.): _____

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 for “NEM-Unattached”. Swimmers may not swim on both a male/female and a mixed relay for the same relay event.

Swimmers (in correct order):	Age on 4/7/02	Meet ID
1) _____	_____	_____
2) _____	_____	_____
3) _____	_____	_____
4) _____	_____	_____

Youngest: _____

Circle Relay Age Group:

19-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75-84, 85-94, 95-104

The *youngest* person in the relay determines the age group.

Check here to make leadoff time official: _____