

# 2010 RELAY FORM

## Circle Relay:

Friday 400 free	Saturday 400 med.	200 free	Sunday 800 free (unscored)	200 med.
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## Circle Relay Gender:

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

**Team/Workout Group:** \_\_\_\_\_

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

<b>Swimmers (in correct order):</b>	<b>Age on 3/28/10</b>	<b>4-digit Comp#</b>
1) _____	_____	_____
2) _____	_____	_____
3) _____	_____	_____
4) _____	_____	_____

Youngest: \_\_\_\_\_

## Circle Relay Age Group:

18-24    25-34    35-44    45-54    55-64    65-74    75-84    85-94    95-104

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

Check here to make the leadoff time official: