2009 RELAY FORM

Circle Relay:

Friday	Saturday		Sunday	
400 free	200 med.	200 free	800 free (unscored)	400 med.

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.

Swimmers (in correct order):		**Age on 3/29/09**
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: ☑