

RELAY FORM

Circle Relay:

200 free 400 free 800 free 200 Medley 400 Medley

Circle Relay Sex:

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

Workout Group as printed in program. Label each relay in an event with a letter ("A", "B", "C", etc.). Example: in the 200 Free Relay your Workout Group has 2 men's, 2 women's and 2 mixed relays. Label the six 200 Free Relays "A" through "F".

Workout Group (NEM only): _____ Label (A,B,C,...) _____

USMS Club (example, New England Masters):

Note: All four swimmers must be from the same USMS club. Unattached swimmers may not compete on relays.

Seed Time: _____

Swimmers (in correct order):

	Age on 4/29/00	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, etc.

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

*****Check here to make leadoff time official: _____*****

