

# 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.

<b>Swimmers (in correct order):</b>	<b>Age on 4/7/02</b>	<b>Meet ID</b>
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:** \_\_\_\_\_