

2012 LCM RELAY FORM

Circle Relay:

400 medley relay

400 freestyle relay

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 12/31/12	4-digit Comp#
1) _____	_____	_____
2) _____	_____	_____
3) _____	_____	_____
4) _____	_____	_____

SUM OF AGES: _____

Circle Relay Age Group:

- 72-99 100-119 120-159 160-199 200-239 240-279
- 280-319 320-359 360+

The *sum of the ages* on the relay determines the age group.

Check here to make the leadoff time official: