2025 RELAY FORM

Circle Relay:

Friday	Saturday		Sunday	
400 med.	800 free (unscored)	200 free	400 free	200 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 Swim Club 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 3/23/2025**	**4-digit Comp#**
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 request that the leadoff relay split (first 50 of 200 relay, first 100 of 400 relay, or first 200 of 800 relay) be recorded as an official time: ☑