

2023 COLONIES ZONE & NELMSC SCM CHAMPIONSHIP

RELAY ENTRY FORM

Circle Relay Event:

Saturday

Sunday

200 Free

400 Free

800 Free

200 Medley

400 Medley

Circle Relay Gender: Female Male Mixed (2 women + 2 men in any order)

Team (Club or NEM Workout Group): _____

Relay Label (A/B/C): _____ Seed Time: _____

Note: All four swimmers must be affiliated with the same USMS club. Unattached (UC) swimmers cannot compete in relay events. Swimmers cannot swim on both a single-sex and a mixed-sex relay for the same relay event. Single and mixed-sex relays may be seeded in combined heats.

Swimmers' Names (in correct order):	Age on Dec. 17, 2023
1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____

Youngest: _____

Circle Relay Age Group: The sum of the four swimmers' ages determines the age group.

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

Check here to request that the leadoff relay split (first 50 of 200, first 100 of 400, or first 200 of 800 relay) be recorded as an official time: