

2024 COLONIES ZONE & NELMSC SCM CHAMPIONSHIP RELAY ENTRY FORM

Circle Relay Event:

Saturday

Sunday

400 Free

800 Free

200 Medley

400 Medley

200 Free

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

Club: _____

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

All four swimmers must be affiliated with the same USMS-registered club. Unattached (UC) swimmers cannot compete in relays. Swimmers cannot swim on both a single-sex relay and a mixed relay for the same event. Women's, men's, and mixed relays may be swum in combined heats.

| Swimmers' Names (in correct order): | Age on Dec. 31, 2024 |
|-------------------------------------|-------------------------|
| 1) _____ | _____ |
| 2) _____ | _____ |
| 3) _____ | _____ |
| 4) _____ | _____ |

The sum of the swimmers' ages determines the age group. **Total:** _____

Circle Relay 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 relay, first 100 of 400 relay, or first 200 of 800 relay) be recorded as an official time: