

# 2023 RHODY USMS-CCS MEET

## RELAY ENTRY FORM

**Circle Relay Event:**

400Y Free Relay

200Y Medley Relay

200Y Free Relay

**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 or CCS club. Unattached (UC) swimmers cannot compete in relay events. Swimmers from different NEM workout groups may form an "NEM-Unattached" relay. Swimmers cannot swim on both a single-sex and a mixed-sex relay for the same relay event. Women's, men's, and mixed relays may be swum in combined heats.

<b>Swimmers (in correct order):</b>	<b>Age on Nov. 12, 2023</b>
1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____

**Youngest:** \_\_\_\_\_

**Circle Relay Age Group:** 18+ 25+ 35+ 45+ 55+ 65+ 75+ 85+ 95+ 100+

The youngest swimmer in the relay determines the age group.

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