



MIXED FREESTYLE RELAY

EVENT #

SWIM MEET: _____ Date: _____

Team /Club Name: _____ and/or Club Code _____

Mobile Number: [one per club] Mobile: _____

Contact Mobile: Name: _____

TEAM IN ORDER OF SWIMMING EVENT (2 men/2 women)

ORDER	FIRST NAME	SURNAME	AGE
1 st Swimmer:	_____	_____	_____
2 nd Swimmer:	_____	_____	_____
3 rd Swimmer:	_____	_____	_____
4 th Swimmer:	_____	_____	_____
		Total Age	_____
		Age Group e.g. 160+	_____

NOTE 1 The Members of a Relay Team and their order of competing must be nominated by the closing time on the day of entries.

Any Relay Team Member may compete in a race only once. To swim in a relay team, a competitor must have swum in at least ONE individual event.

Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of documented Medical Emergency.

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

ENTERED

Amount (if applicable):
