

SHORT OR LONG COURSE METERS RELAY ENTRY CARD

200 Yd Free Relay Club: _____ Seed time: _____ Heat: _____
 200 Yd Medley Relay Lane: _____
 400 Yd Free Relay Men's relay Final time: _____
 400 Yd Medley Relay Women's relay Final time: _____
 800 Yd Free Relay Mixed relay Final time: _____

	Name	Age TODAY	Sex
1	(Back)		
2	(Breast)		
3	(Fly)		
4	(Free)		
Total Ages			

Age group (circle): 76-99 100-119 120-159 160-199 200-239 240-279 280-319 320-359

(Sum of all four ages determines age group)

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