

South Central Zone Long Course Championships Relay Card Information

Please provide all the information listed below for each relay. Supplying this information prior to the relay being seeded should assist you in organizing your swimmers and will expedite relay results after the event is swum.

You may still change the name(s) and/or age group (unlike at Nationals) prior to the relay being swum but in order to do so, you must let your timers know so they can mark up the timers sheet with the correct information. This will ensure accurate results.

Event No. _____ Event Name _____ (Medley / Free)

Club Name _____ A B C D E (circle) Club Abbrev. _____

Sex _____ (Male / Female / Mixed)

Age Group _____

(72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359, and 360-399)

Free Medley

1 (BK) Name: _____ Age: _____

2 (BR) Name: _____ Age: _____

3 (FL) Name: _____ Age: _____

4 (FR) Name: _____ Age: _____