

**26th Annual
Woodlands Masters Swim Team
Championship Relay Meet
January 9th, 2010**

**Individual Entry Form
(To be turned in to your Coach)**

Complete this entry form by filling out all the information on the top part of the form and circling the event number of each event you would like to swim. For the crescendo relays, circle the distance you would like to swim and for the medley relays, circle the stroke you would like to swim. Also, for each event you would like to swim, provide your approximate time for that stroke and distance. **Turn your completed entry form into your coach** to allow time to put together the relays before the meet. As a reminder, each participant can enter a maximum of five events excluding the fun relays.

Name: _____

Address: _____

Telephone Number: _____

E-mail Address: _____

Age on 9 Jan 2010 : _____

Sex: _____

Number	Event	Distance	Stroke	Time
1,2,3	200 Yard Women's Medley	4 x 50	Ba-Br-FI-Fr	
4,5,6	200 Yard Men's Medley	4 x 50	Ba-Br-FI-Fr	
7,8,9	100 Yard Women's Freestyle Relay	4 x 25	Freestyle	
10,11,12	100 Yard Men's Freestyle Relay	4 x 25	Freestyle	
13,14,15	200 Yard Mixed Butterfly Relay	4 x 50	Fly	
16,17,18	250 Yard Women's Crescendo Relay	25-50-75-100	Freestyle	
19,20,21	250 Yard Men's Crescendo Relay	25-50-75-100	Freestyle	
22	Fun Relay	8 x 25	To be determined	N/A
23,24,25	200 Yard Mixed Backstroke Relay	4 x 50	Backstroke	
26,27,28	200 Yard Mixed Breaststroke Relay	4 x 50	Breaststroke	
29,30,31	100 Yard Women's Medley Relay	4 x 25	Ba-Br-FI-Fr	
32,33,34	100 Yard Men's Medley Relay	4 x 25	Ba-Br-FI-Fr	
35,36,37	400 Yard Mixed Individual Medley Relay	4 x 100	100 IM each	
38,39,40	200 Yard Women's Freestyle Relay	4 x 50	Freestyle	
41,42,43	200 Yard Men's Freestyle Relay	4 x 50	Freestyle	
44,45	Non Beer Relay	8 x 25	To be determined	N/A