



CLUB MEDLEY RELAYS

Date: _____

Event: _____

Club: _____

Event No: _____ Heat No: _____ Lane No: _____

TEAM IN ORDER OF SWIMMING

	First Name	Surname	Date of Birth
1. <i>Backstroke</i>	_____	_____	_____
2. <i>Breaststroke</i>	_____	_____	_____
3. <i>Butterfly</i>	_____	_____	_____
4. <i>Freestyle</i>	_____	_____	_____
RESERVES:			
5. <i>Backstroke</i>	_____	_____	_____
6. <i>Breaststroke</i>	_____	_____	_____
7. <i>Butterfly</i>	_____	_____	_____
8. <i>Freestyle</i>	_____	_____	_____

NOTE 1 (SW 10.12): The Members of a Relay Team and their order of competing must be nominated before the race. Any Relay Team Member may compete in a race only once.

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

NOTE 2: **The names of the swimmers and the order in which they are to swim shall be submitted in writing to the Control Room Supervisor or Meet Manager 60 minutes prior to the start of the heat session the Relays are in.**

Name: _____

Position in Club: _____

Team Manager (must be contactable on relay day): _____

Mobile No: _____

Chief Recorder/Meet Manager use:

Signed: _____ Date: _____ Time: _____