

USMS Relay Card

Event # _____ Relay Type (circle one): Medley | Free Relay Distance (circle one): 200 | 400 | 800

USMS Club Name _____ A B C D E (circle one)

USMS Club Abbreviation _____ Gender (circle one): Male | Female | Mixed

Course Length (circle one) SCY | SCM | LCM Seed Time _____

Age Group for SCY (circle one) 18 + | 25 + | 35 + | 45 + | 55 + | 65 + | 75 + | 85 +

Age Group for SCM/LCM (circle one)
72-79 | 100-119 | 120-159 | 160-199 | 200-239 | 240-279 | 280-319 | 320-359 | 360-399

Free	Medley	Full Name (as it appears on USMS Membership Card)	Age	Gender
1	BK	_____	_____	_____
2	BR	_____	_____	_____
3	FL	_____	_____	_____
4	FR	_____	_____	_____

Instructions: Please enter the age group and an approximate seed time for your relay teams. You may enter a “NO TIME” entry, which will be seeded after entries with a seed time provided.

Relay Criteria:

- Each relay swimmer must be entered in the meet (USMS Rule Book 102.9.4)
- A relay consists of four swimmers, each swimming one-fourth of the distance (USMS Rule Book 101.7.1, 101.7.2)
- All four members of any relay team must be registered with the same USMS Club (USMS Rule Book 102.9.1)
- Unattached swimmers may not swim on relay teams (USMS Rule Book 102.9.1)
- Mixed relays must have 2 women and 2 men (USMS Rule Book 102.9.8 G)
- The order of swimmers must be entered and followed (USMS Rule Book 102.9.6)
- A swimmer may compete only once per meet in each of the following relays: men’s/women’s 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle; and mixed 200 medley, 400 medley, 200 freestyle, 400 freestyle, and 800 freestyle (USMS Rule Book 102.9.8)

Age Groups:

For SCY:

- The age of the youngest member of your relay team shall determine the age group (USMS Rule Book 102.3.2 A)
- Age is determined based on the last day of the meet (USMS Rule Book 102.2.1)

For SCM/LCM:

- The aggregate age of the four relay team members shall determine the age group (USMS Rule Book 102.3.2 B)
- Age is determined as of December 31 of the year of the competition (USMS Rule Book 102.2.2).
- Designate A, B, C, etc. next to Club Name if you have more than one relay in the same event and age group (USMS Rule Book 102.9.2).