

2006 Colonies Zone Long Course Meters Championships

RELAY FORM

Turn in relay forms **BEFORE 1pm** Saturday, **8am** Sunday or mail ahead of time.

Circle Relay Name:

Saturday's Relays

- Event 1 Mixed 400 Free Relay
- Event 2 Mixed 200 Medley Relay
- Event 11 Women's 400 Medley Relay
- Event 12 Men's 400 Medley Relay
- Event 13 Women's 200 Free Relay
- Event 14 Men's 200 Free Relay

Sunday's Relays

- Event 16 Mixed 400 Medley Relay
- Event 17 Mixed 200 Free Relay
- Event 18 Mixed 800 Free Relay
- Event 26 Women's 400 Free Relay
- Event 27 Men's 400 Free Relay
- Event 28 Women's 200 Medley Relay
- Event 29 Men's 200 Medley Relay
- Event 30 Women's 800 Free Relay
- Event 31 Men's 800 Free Relay

Club Abbreviation: _____

Relay designator ("A" , "B" , "C" or "D"): _____

Circle the relay age group:

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

Entry Time: _____

Swimmers (in correct order):

1. _____
2. _____
3. _____
4. _____

Enclose \$10 per relay team

Check payable to: Potomac Valley LMSC

Mail to: Jeff Roddin, entries

13548 Coachlamp Ln.

Silver Spring, MD 20906