



## Relay Card

Event #	Seed Time	Age Group
<b>Club</b>		
<b>Distance</b>	<b>Relay Type</b>	<b>Gender</b>
200	Free Relay	Women
400	Medley Relay	Men
800		Mixed
<b>Swimmer 1</b>		
<b>Swimmer 2</b>		
<b>Swimmer 3</b>		
<b>Swimmer 4</b>		
<i>Swimmers must swim in specified order or notify official before swimming of change, or you will be disqualified</i>		



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