

2009 USMS 5K & 10K POSTAL NATIONAL CHAMPIONSHIPS

RELAY ENTRY FORMS

Circle Relay Event: 5K 10K

Circle Relay Type: Women (3) Men (3) Mixed (2 Women & 2 Men) Relay Age Group : _____

USMS Club Name: _____ USMS Club Abbr: _____

Contact Person: _____ Phone # or e-mail _____

Swimmer (Name, USMS # and Date of Birth as it appears on USMS Registration Card)	Gender circle one W or M	Age	Time
#1 _____ USMS # _____ DOB _____	_____	_____	____:____:____
#2 _____ USMS # _____ DOB _____	_____	_____	____:____:____
#3 _____ USMS # _____ DOB _____	_____	_____	____:____:____
#4 _____ USMS # _____ DOB _____	_____	_____	____:____:____
Total Relay Time :			____:____:____

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#2 _____ USMS # _____ DOB _____	_____	_____	____:____:____
#3 _____ USMS # _____ DOB _____	_____	_____	____:____:____
#4 _____ USMS # _____ DOB _____	_____	_____	____:____:____
Total Relay Time :			____:____:____

Relay Entry Fees \$21.00 per relay.

Payable in U.S. \$ Check or International Money Order ONLY to **MINUTEMAN MASTERS SWIM CLUB.**

Mail to: 2009 5K/10K Postal National Championships, 105 Lincoln Woods Road, Waltham, MA 02451

ALL RELAY ENTRIES MUST BE RECEIVED BY OCTOBER 5, 2009