

USMS ONE HOUR POSTAL NATIONAL CHAMPIONSHIP

RELAY ENTRY FORMS

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 | Yards swum |
|--|--------------------------------|-------|-------------------|
| #1 _____ USMS # _____ DOB _____ | _____ | _____ | _____ |
| #2 _____ USMS # _____ DOB _____ | _____ | _____ | _____ |
| #3 _____ USMS # _____ DOB _____ | _____ | _____ | _____ |
| #4 _____ USMS # _____ DOB _____ | _____ | _____ | _____ |
| | | | Total Yards _____ |

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| #2 _____ USMS # _____ DOB _____ | _____ | _____ | _____ |
| #3 _____ USMS # _____ DOB _____ | _____ | _____ | _____ |
| #4 _____ USMS # _____ DOB _____ | _____ | _____ | _____ |
| | | | Total Yards _____ |

Relay Entry Fees Payable in U.S. \$18 Check or International Money Order ONLY to:
Tamalpais Aquatic Masters, P.O. Box 150516, San Rafael, CA 94915-0516

ALL RELAY ENTRIES MUST BE RECEIVED BY FEBRUARY 20, 2010