



10th Annual
Betsy Owens Memorial Lake Swim
 2011 USMS Two-Mile Cable National Championship
Mirror Lake in Lake Placid, New York
 Saturday, August 13, 2011, 10:00 am
 Sanction #031-006



RELAY ENTRY FORM

Participants' times from the individual competition are used to calculate relay results. Cumulative relays will be accepted for National Championship places, All-American honors, and USMS records. Relay entries will be accepted after the race until **August 22, 2011**.

CUMULATIVE RELAY RULES: Relay events will be conducted in three categories: 3 women, 3 men, & 4 person mixed (2 women & 2 men). All members on each relay team must have legally completed the individual event and be registered with the same USMS club. Unattached swimmers may not swim on relays. The youngest relay member's age determines the relay's age group. Age groups are 18+, 25+, 35+, etc. The cumulative times for the individual swims shall be the relay time.

Relay Entry Fees: \$10 per person. ALL PROCEEDS FROM THE RELAYS WILL BE GIVEN TO CHARITY.

Send entry & check to: ADMS, c/o David Dammerman, 26F Congress St., #301, Saratoga Springs, NY 12866.

USMS Club Name: _____ USMS Club Abbr: _____

Person entering relays: _____ Contact Phone or E-mail: _____

Check Relay Type & Fee: (One relay entry per form)

_____ 3 Women x Two-Mile (\$30)

_____ 3 Men x Two-Mile (\$30)

_____ 4 Person (2 Women, 2 Men) x Two-Mile (\$40)

Circle Age Group (age group of the youngest swimmer): 18+ 25+ 35+ 45+ 55+ 65+ 75+ 85+

<u>Swimmer name & info as it appears on USMS Card</u>	<u>Gender</u>	<u>Age on 8/13/11</u>
#1 _____	W or M	_____
#2 _____	W or M	_____
#3 _____	W or M	_____
#4 _____	W or M	_____