NOTTINGHAMSHIRE ASA
COUNTY CHAMPIONSHIPS 2016

Relay Team Declaration Form

Team Details

Team Name:

Club:

Team Contact/Manager:

Gender: Male / Female / Mixed

No swimmer may swim as a member of a team, having entered the individual events as a member of another club. List the swimmers names in the order that they will swim. Forms must be submitted by the start of the AM warm up on the day of the relay events.

9/10yrs 4x50m Freestyle Relay	9/10yrs 4x50m Medley Relay
1,	1,
2,	2,
3,	3,
4,	4,

11/12yrs 4x50m Freestyle Relay	11/12yrs 4x50m Medley Relay
1,	1,
2,	2,
3,	3,
4,	4,

13/14yrs 4x50m Freestyle Relay	13/14yrs 4x50m Medley Relay
1,	1,
2,	2,
3,	3,
4,	4,

15/16yrs 4x50m Freestyle Relay	15/16yrs 4x50m Medley Relay
1,	1,
2,	2,
3,	3,
4,	4,

17yrs/Over 4x50/100m* Freestyle Relay	17yrs/Over 4x50/100m* Medley Relay
1,	1,
2,	2,
3,	3,
4,	4,

** The 4 x 50m event for the 17/Over age group is for Mixed Teams Only*
The 4 x 100m event for the 17/Over age group is for Single Gender Teams Only