**LAKEWOOD SECTIONAL MEET**

**RELAY SHEET PROCEDURES**

**RELAY SHEETS-** must be turned in either via email to d\_wohlfeil@att.net by the date and time listed below or via hard copy 45 minutes prior to the start of the session at the head table.

**Relay Entry Deadline**

Please submit Relay Cards either

* Electronically by 6:00pm on Friday, February 10, 2023

**OR**

* Hard Copy to the Head Table 45 minutes prior to session start

(Due by 11:15 am at table)

* **All sheets must be signed or have an electronic signature included**
* **There is to be one sheet for girls’ relays and one sheet for boys’ relays.**
* **Please write legibly and make sure you fill out all information on the form.**
* **Please send ALL relay cards submitted electronically to** **d\_wohlfeil@att.net****.**
* **All relay sheets submitted at the facility must be turned in 45 minutes prior to Session Start.**

**2023 Lakewood Sectional Swimming Championship Relay Form**

 Please circle: Boys Girls

School Name: School Code: \_\_\_\_\_\_

Coach’s Name: Phone #:

Email: \_

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| 200 Medley Relay |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |

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| 200 Free Relay |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |

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| 400 Free Relay |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |

Coach Signature Date