## LAKEWOOD SECTIONAL MEET RELAY SHEET PROCEDURES

**RELAY SHEETS-** must be turned in either via email to <u>d\_wohlfeil@att.net</u> 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 9, 2024

## 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 <u>d\_wohlfeil@att.net</u>.
- All relay sheets submitted at the facility must be turned in 45 minutes prior to Session Start.

## 2024 Lakewood Sectional Swimming Championship Relay Form

Please circle: Boys Girls

	200 Medley Relay
1.	
2.	
3.	
4.	
5.	
6.	
7.	
R	

Coach Signature

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

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

Date