



Relay Sheet – 12, 10, 8, 6&U

③ _____

① _____

TIMERS

**Lane
#6**

**Lane
#5**

**Lane
#4**

**Lane
#3**

**Lane
#2**

**Lane
#1**

② _____

④ _____

- IM Order - #1 Back, #2 Breast, #3 Fly, #4 Free

- All swimmers must check in at ready bench

Have a parent at each end to help line the swimmers up properly



Relay Sheet 14&U; 18&U

④	_____	_____	_____	_____	_____	_____
③	_____	_____	_____	_____	_____	_____
②	_____	_____	_____	_____	_____	_____
①	_____	_____	_____	_____	_____	_____

TIMERS

Lane #6	Lane #5	Lane #4	Lane #3	Lane #2	Lane #1
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- IM Order - #1 Back, #2 Breast, #3 Fly, #4 Free
- All swimmers must check in at ready bench