

2011 USMS 2-Mile Open Water Cable Swim National Championship

Saturday August 13, 2011

RELAYS

Relays seem to be a perennial source of confusion, so we will do our best to make it easy.

- Some basics
 - Times from the individual competition are used to calculate relay results. You do not have to swim again.
 - The relay time is the sum of the participants' times.
 - You may enter after the event.
 - The entry form is available online:
<http://www.usms.org/longdist/ldnats11/2micblentryrelay.pdf>
 - Entries are due August 22, 2011.
- There are 3 relay categories
 - 3 women
 - 3 men
 - 4 person mixed (2 women & 2 men)
- Fees
 - Entry Fees are \$10 per person per relay.
 - All proceeds from the relays will be given to charity.
- Relay teams
 - All members on each relay must have legally completed the individual event and be registered with the same USMS club.
 - Unattached swimmers are not eligible for relays.
 - Swimmers can participate in one same sex relay and one mixed relay.
 - The youngest relay member's age determines the relay's age group.
 - Age groups are 18+, 25+, 35+, 45+, 55+, etc.
- Relays qualify for National Championship places, All-American honors, and USMS records.