



**Form 7**  
**Adaptive Sports USA 2019 Junior Nationals™**  
**Swim Relay Form**



This form is to be completed by the Head Coach from each team. Refer to the Relay Points matrix and include the **qualifying meet code** and **qualifying time**, if applicable. Each athlete is able to participate in up to 2 relays. Each relay team must consist of at minimum 3 athletes from the same team (team may only substitute 1 member from outside the team). Each athlete on the relay team must have a qualifying standard in the distance being swum (25 distance, swimmer may have a 50 time divided by 2 for a qualifying time). Times are verified from all Adaptive Sports USA sanctioned meets, all other results must be attached. One substitute is allowed.

**Return this form via email to [jessie.cloy@adaptivesportsusa.org](mailto:jessie.cloy@adaptivesportsusa.org) no later than July 10<sup>th</sup>.**

**POINT SYSTEM FOR RELAYS**

	S1-4	S5-6	S7-8	S9-10	S11-14
<b>U11</b>	1	2	3	4	6
<b>U14</b>	2	3	4	5	7
<b>U16/U18</b>	3	4	6	8	10
<b>U20/U23</b>	4	6	8	10	12

**Freestyle Swimming Relay: Team Name** \_\_\_\_\_

**Coach:** \_\_\_\_\_

	Indicate Male/Female /Mixed	Meet Code	Time	Yard/M eter	Athlete Names	Class/Age (S1/U14)	Athlete Names	Class/Age (S1/U14)
100 Freestyle 10 point					1. _____		2. _____	
					3. _____		4. _____	
100 Freestyle 20 point					1. _____		2. _____	
					3. _____		4. _____	
100 Freestyle 30 point					1. _____		2. _____	
					3. _____		4. _____	
200 Freestyle 30 point					1. _____		2. _____	
					3. _____		4. _____	
200 Freestyle 40 point					1. _____		2. _____	
					3. _____		4. _____	

**Medley Swimming Relay: Team Name:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

	Indicate Male/Female/ Mixed	Meet Code	Time	Yard/ Meter	Athlete Names	Class/Age (S1/U14)	Athlete Names	Class/Age (S1/U14)
100 Medley 15 point					1. _____		2. _____	
					3. _____		4. _____	
100 Medley 25 point					1. _____		2. _____	
					3. _____		4. _____	
100 Medley 35 point					1. _____		2. _____	
					3. _____		4. _____	
200 Medley 30 point					1. _____		2. _____	
					3. _____		4. _____	
200 Medley 40 point					1. _____		2. _____	
					3. _____		4. _____	

**Alternate Athlete:**

**Name:** \_\_\_\_\_ **Event:** \_\_\_\_\_ **Class:** \_\_\_\_\_