

2006 NCSA Junior National Swimming Championships

Women's Relay Proof of Time

March 21-25, 2006 – Orlando, FL



USA-Swimming Club Code: _____ Club: _____

Note: For each relay team listed, list the qualifying time that can be proven for that team, team time or aggregate time, and the swimmers. The named swimmers need not be in this meet. A swimmer may be listed once per relay event. Any swimmer listed on the official Entry Form-Men may compete on any entered relay team. An aggregate relay entry time must include the individual times of 4 swimmers.

Event 3 Women's 200 Medley Relay

Cut Time: (400 Medley Relay Qualifying Times)

Team A Entry Time: _____

Team B Entry Time: _____

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

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

Event 13 Women's 200 Free Relay

Cut Time: (400 Free Relay Qualifying Times)

Team A Entry Time: _____

Team B Entry Time: _____

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

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

Event 23 Women's 800 Free Relay

Cut Time: SY-7:49.79 / SM-8:45.09 / LC-8:53.89

Team A Entry Time: _____

Team B Entry Time: _____

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

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

Event 33 Women's 400 Free Relay

Cut Times: SY-3:36.99 / SM-4:02.79 / LC-4:06.99

Team A Entry Time: _____

Team B Entry Time: _____

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

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

Event 43 Women's 400 Medley Relay

Cut Time: SY-4:01.29 / SM-4:28.89 / LC-4:36.39

Team A Entry Time: _____

Team B Entry Time: _____

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

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

NOTE: Four swimmers and provable time (team time) or four swimmers with individual provable times (aggregate time) MUST be listed.
 For Complete Meet Information: www.ncsa-usa.org or www.juniornationals.org