



Relay Entry Form: Laurie Crabb – 12 x 50 Medley

Event 31 – Mixed 600m Medley Relay

The **Laurie Crabb Cup** is an inter-club relay.

N.B. Clubs that do not have sufficient swimmers to meet the criteria may use swimmers from another club but are not eligible to win the trophy.

- Mixed 600m Medley - 12 swimmers per side
- 3 swimmers per stroke, one for each of 3 age groups (11&U, 13&U, 15&U)
- Each team must comprise 6 boys and 6 girls.
- Each swimmer to swim 1 lengths of the pool.

Team: _____

	Stroke	Age	Swimmer's name	Age	Gender
1	Back	11 & Under			
2	Back	13 & Under			
3	Back	15 & Under			
4	Breast	11 & Under			
5	Breast	13 & Under			
6	Breast	15 & Under			
7	Fly	11 & Under			
8	Fly	13 & Under			
9	Fly	15 & Under			
10	Free	11 & Under			
11	Free	13 & Under			
12	Free	15 & Under			

Team Manager: _____

Signed: _____