

Un-attached athletes may enter by sending an e-mail to [entry@screlays.com](mailto:entry@screlays.com)

Please include in this e-mail :

Subject: Unattached Entry - Your name

Message:

First Name & Last Name

Your Gender ---- sorry we can't always tell from a name.

Events You wish to Enter and a Seed Time or Distance

Any other information that might be helpful to know something about you.

We will reply to the message to let you know we have received it.

**Entry fee is \$15 and covers you for any events you wish to enter including relays.  
You must pay this fee when you pick up your number or you will not be able to participate.**