

# LMST CAP COLORS

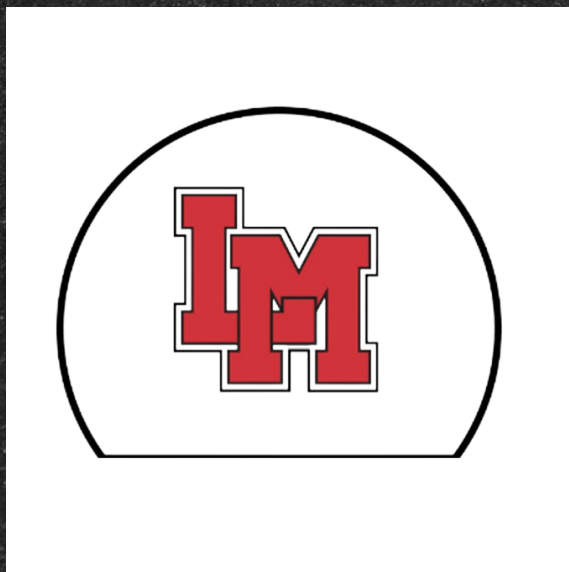
*INSPIRE LEARNING. UNLOCK POTENTIAL.  
EMPOWER ACHIEVEMENT.*



**NATIONAL CAP**



**SECTIONAL CAP**



**STANDARD CAP**



**"IMX" CAP**

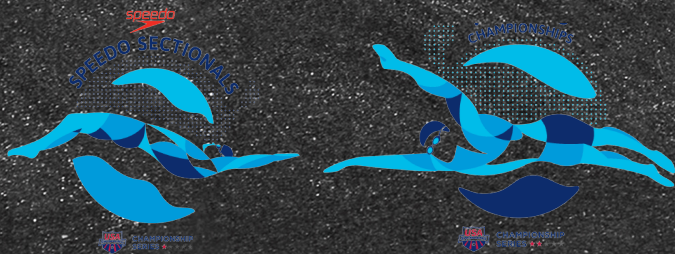


## NATIONAL



LMST SWIMMERS EARN THIS CAP WHEN QUALIFYING FOR WINTER JUNIORS, SUMMER JUNIORS, OR OPEN WATER JUNIORS (18&U)

## SECTIONAL



LMST SWIMMERS EARN THIS CAP WHEN QUALIFYING FOR SPRING SECTIONALS, SUMMER SECTIONALS, OR FUTURES

## STANDARD



ALL LMST SWIMMERS MAY WEAR THE STANDARD CAP AT PRACTICES & MEETS, PERSONALIZED CAPS AVAILABLE THROUGHOUT COURSE OF YEAR

## "IMX"



LMST SWIMMERS EARN THIS CAP WHEN THEY LEGALLY COMPETE IN A 200 FR, 400 FR (LCM) OR 500 FR (SCY), 200 BK, 200 BR, 200 FL, 200, IM, & 400 IM OVER THE COURSE OF A SEASON