

# DO YOU HAVE WHAT IT TAKES TO BECOME A DC WAVE IRON ATHLETE???

To be considered an Iron Athlete, swimmers must legally complete each of the events, designated for their age group by the DC Wave coaching staff, in competition during the season. This flier can be used as your own personal check list, just check off each event as you go to help keep on the Iron Athlete Track. Some events also count towards your USA Swimming IM Ready (IMR) and IM Xtreme (IMX) scores, which can help you qualify for special meets and camps. Iron Athletes will receive a special award at the end of the season in recognition of their accomplishment. Talk to your coach today to find out how close you are to becoming an Iron Athlete!

<u>8 &amp; Under Iron Mini</u>	<u>12 &amp; Under Iron Athlete</u>	<u>13 &amp; Older Iron Athlete</u>
<input type="radio"/> 25 FLY	<input type="radio"/> 50 FLY (IMR)	<input type="radio"/> 50 FREE
<input type="radio"/> 25 BACK	<input type="radio"/> 50 BACK (IMR)	<input type="radio"/> 100 FLY (IMR)
<input type="radio"/> 25 BREAST	<input type="radio"/> 50 BREAST (IMR)	<input type="radio"/> 100 BACK (IMR)
<input type="radio"/> 25 FREE	<input type="radio"/> 50 FREE	<input type="radio"/> 100 BREAST (IMR)
<input type="radio"/> 50 FLY (IMR)	<input type="radio"/> 100 FLY (IMX)	<input type="radio"/> 100 FREE
<input type="radio"/> 50 BACK (IMR)	<input type="radio"/> 100 BACK (IMX)	<input type="radio"/> 200 FLY (IMX)
<input type="radio"/> 50 BREAST (IMR)	<input type="radio"/> 100 BREAST (IMX)	<input type="radio"/> 200 BACK (IMX)
<input type="radio"/> 50 FREE	<input type="radio"/> 100 FREE	<input type="radio"/> 200 BREAST (IMX)
<input type="radio"/> 100 FREE (IMR)	<input type="radio"/> 100 IM (IMR)	<input type="radio"/> 200 FREE (IMR)
<input type="radio"/> 100 IM (IMR)	<input type="radio"/> 200 FREE (IMX)	<input type="radio"/> 200 IM (IMR)
	<input type="radio"/> 200 IM (IMX)	<input type="radio"/> *400 IM (IMX)
	<input type="radio"/> *500 FREE (IMX)	<input type="radio"/> *500 FREE (IMX)
	<input type="radio"/> *1000 FREE [11-12]	<input type="radio"/> *1000 FREE
		<input type="radio"/> *1650 FREE

**\*NOTE:** Qualification times may be required for participation in the 400 IM, 500 Freestyle, 1,000 Freestyle, and 1,650 Freestyle. These events are not offered at every swim meet, and may require swimmers to have achieved a certain time before they can be entered into the event.