



SOUTH CAROLINA SWIMMING AGE GROUP IRON MAN AWARD

- **9-10 athletes must legally complete either the yards or meters events of: 50 fly, 100 fly, 50 bk, 100 bk, 50 br, 100 br, 50 free, 100 free, 400 or 500 free, 100 IM, and 200 IM.**
- **11-12 athletes must legally complete either the yards or meters events of: 50 fly, 100 fly, 200 fly, 50 back, 100 back, 200 back, 50 breast, 100 breast, 200 breast, 50 free, 100 free, 200 free, 400 or 500 free, 800 or 1000 free, 1500 or 1650 free, 100 IM, 200 IM, and 400 IM.**

Athletes need to have performed these events legally within the time that they are in the age group. This means that 9-10 athletes need to register times in each of these events during meets in which they are 9 and/ or 10 years old. 11-12 athletes need to register times in each of these events during meets in which they are 11 and/ or 12 years old. Thus, an athlete can only receive the award *once per age group*.

Example: An athlete's birthday is 03 / 25 / 2015. They have from 03 / 25 / 2024 (the first day they turned 9) until 03 / 23 / 2026 (their last day as a 10 year old athlete) to complete all the above listed events."

Athletes that complete the challenge will receive an Iron Man bag tag as a reward for their accomplishments.



9-10 SWIMMER CHECKLIST

Qualifying Event

- ☐ 50y or 50m Freestyle
- ☐ 100y or 100m Freestyle
- ☐ 400m or 500y Freestyle
- ☐ 50y or 50m Backstroke
- ☐ 100y or 100m Backstroke
- ☐ 50y or 50m Breaststroke
- ☐ 100y or 100m Breaststroke
- ☐ 50y or 50m Butterfly
- ☐ 100y or 100m Butterfly
- ☐ 100y Individual Medley
- ☐ 200y or 200m Individual Medley

Qualifying Meet

Swimmer Name: _____

Swimmer Club: _____

Swimmer Birthday: _____



11-12 SWIMMER CHECKLIST

Qualifying Event

- ☐ 50y or 50m Freestyle
- ☐ 100y or 100m Freestyle
- ☐ 200y or 200m Freestyle
- ☐ 400m or 500y Freestyle
- ☐ 800m or 1000y Freestyle
- ☐ 1500m or 1650y Freestyle
- ☐ 50y or 50m Backstroke
- ☐ 100y or 100m Backstroke
- ☐ 200y or 200m Backstroke
- ☐ 50y or 50m Breaststroke
- ☐ 100y or 100m Breaststroke
- ☐ 200y or 200m Breaststroke
- ☐ 50y or 50m Butterfly
- ☐ 100y or 100m Butterfly
- ☐ 200y or 200m Butterfly
- ☐ 100y Individual Medley
- ☐ 200y or 200m Individual Medley
- ☐ 400y or 400m Individual Medley

Qualifying Meet

Swimmer Name: _____

Swimmer Club: _____

Swimmer Birthday: _____