

Western Wahoos

IRON WAHOO *Checklist*

ATTENDANCE REQUIREMENTS

NATIONAL - 80%

JUNIOR NATIONAL A - 80%

JUNIOR NATIONAL B - 75%

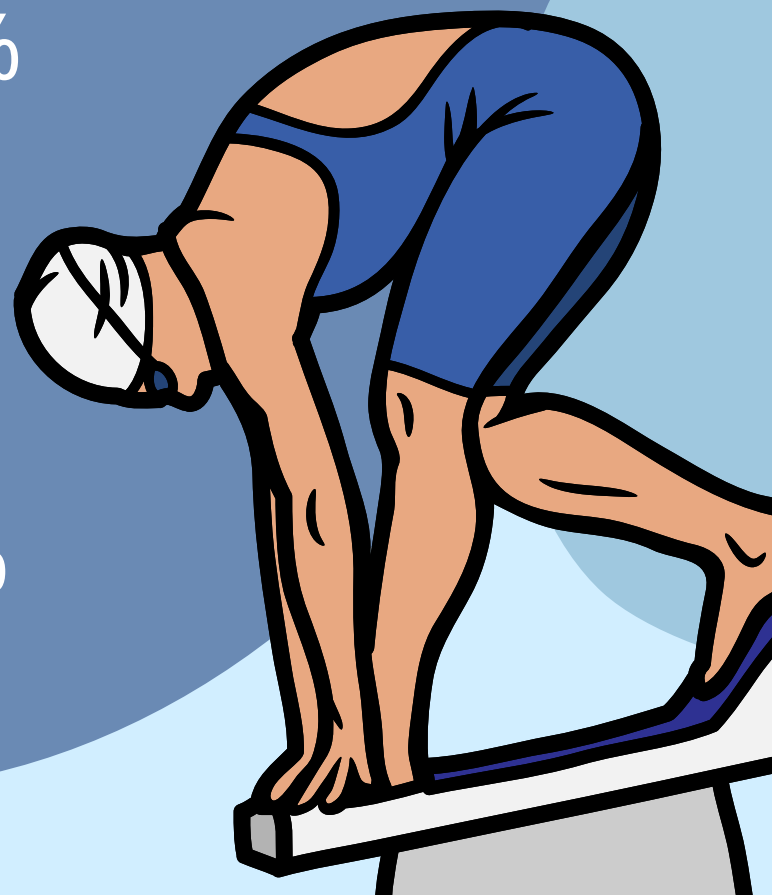
PLATINUM - 75%

GOLD - 75%

SILVER - 65%

BRONZE - 60%

ACADEMY - 60%



Western Wahoos

IRON WAHOO *Checklist*

EVENT REQUIREMENTS 15 & OVER

50 FREE

100 FREE

200 FREE

500 FREE

1000 FREE

100 BACK

200 BACK

100 BREAST

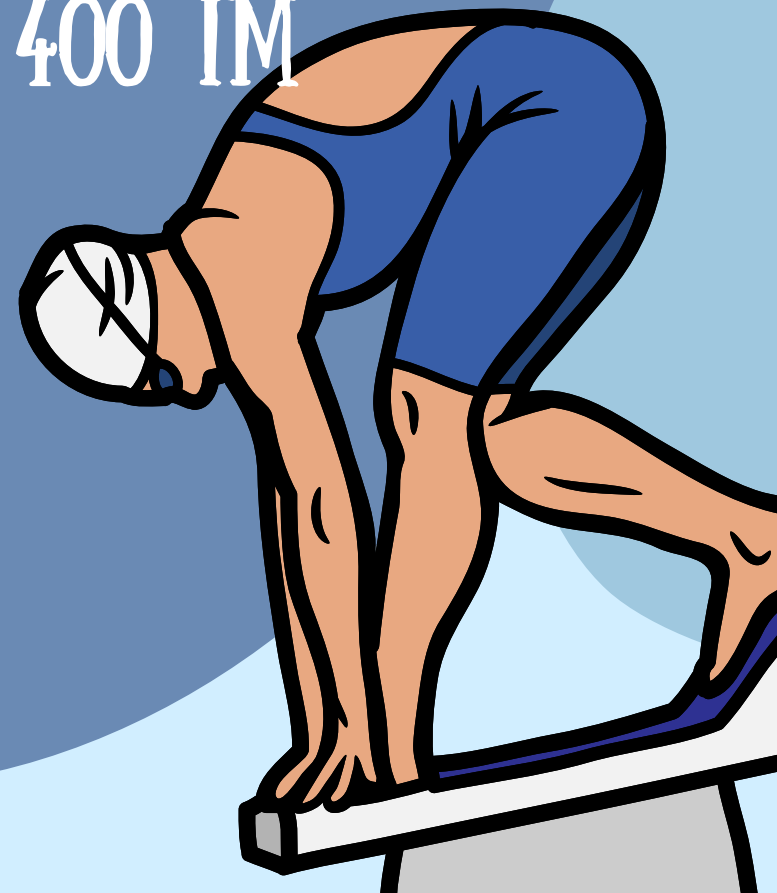
200 BREAST

100 FLY

200 FLY

200 IM

400 IM



IRON WAHOO

Checklist

EVENT REQUIREMENTS

AGE 13-14

50 FREE

100 FREE

200 FREE

500 FREE

1000 FREE

100 BACK

200 BACK

100 BREAST

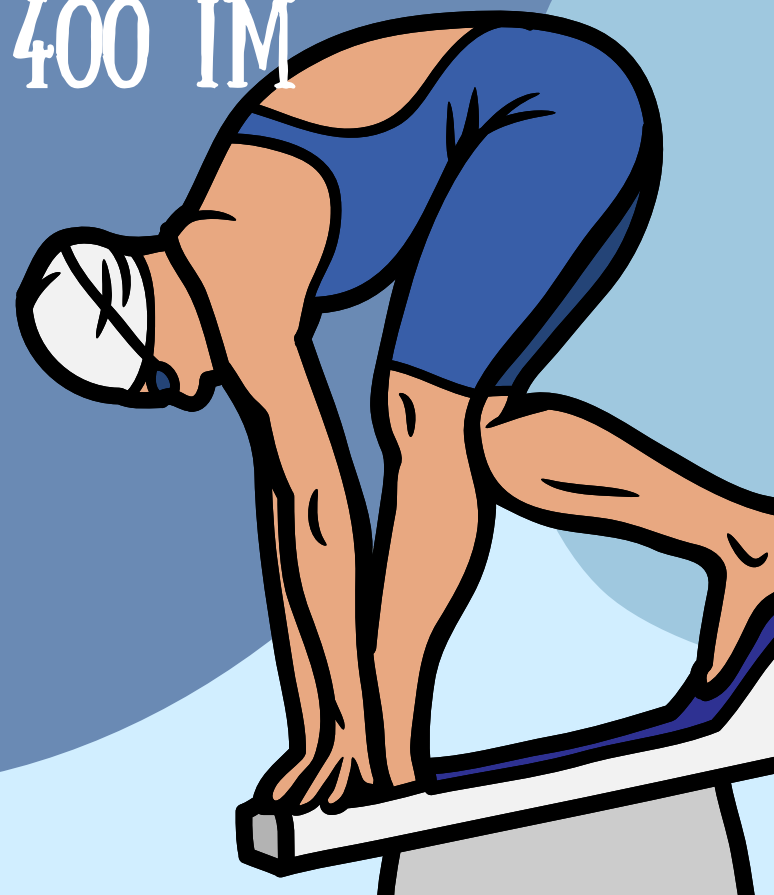
200 BREAST

100 FLY

200 FLY

200 IM

400 IM



Western Wahoos

IRON WAHOO *Checklist*

EVENT REQUIREMENTS AGE 11-12

50 FREE

500 FREE

50 BREAST

100 FLY

100 FREE

50 BACK

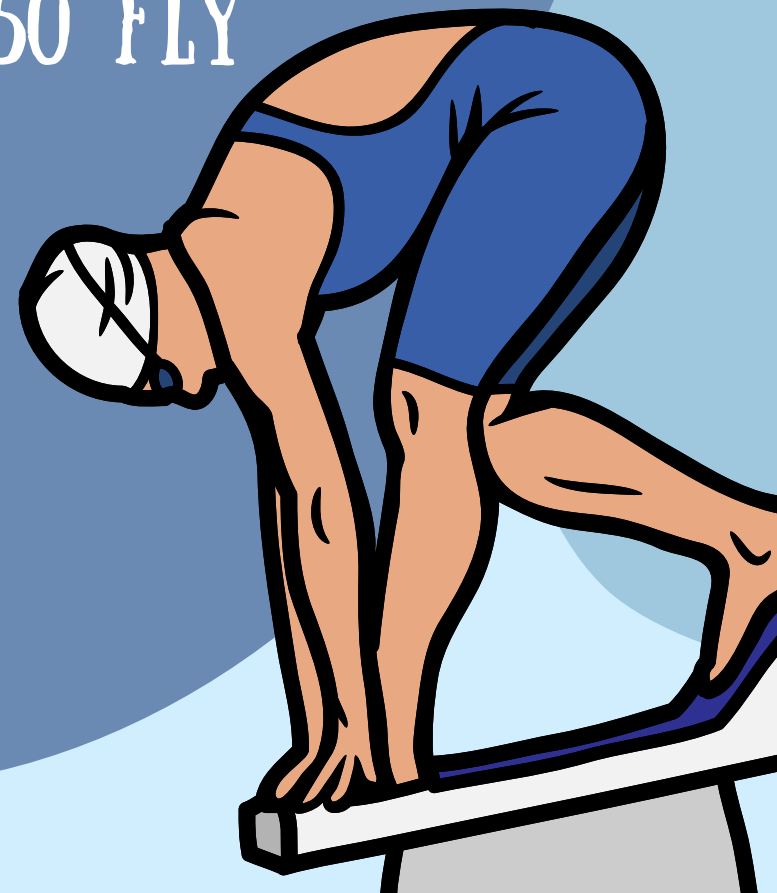
100 BREAST

200 IM

200 FREE

100 BACK

50 FLY



Western Wahoos

IRON WAHOO *Checklist*

EVENT REQUIREMENTS

AGE 9-10

50 FREE

100 FREE

200 FREE

50 BACK

100 BACK

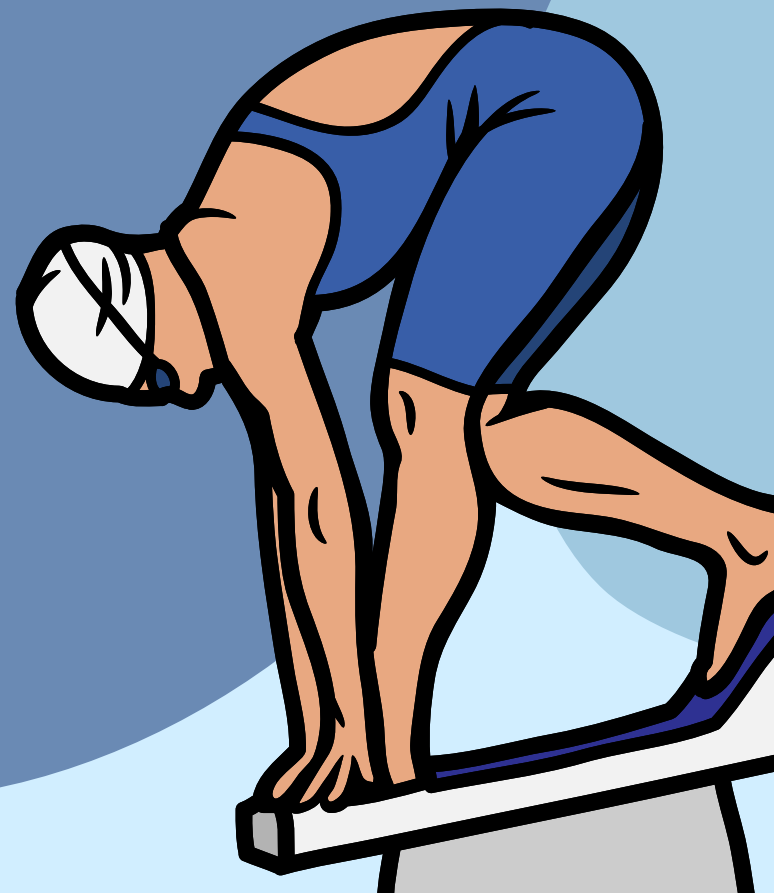
50 BREAST

100 BREAST

50 FLY

100 FLY

100 IM



Western Wahoos

IRON WAHOO *Checklist*

EVENT REQUIREMENTS

8 & UNDER

25 FREE

50 FREE

25 BACK

50 BACK

25 BREAST

50 BREAST

25 FLY

50 FLY

