



Iron Man Award Requirements

Age Group	Events Required
8 & Under	All 25s, All 50s, 100 Free & 100 IM
9 - 10	All 50s, All 100s, 200 IM, 200 Free & 500 Free/400 Free (LC)
11 - 12	All 50s, All 100s, All 200s, 400 IM, 500 Free/400 Free (LC), 1,000/1,650 Free or 800 Free/1,500 Free (LC)
13 - 14	50 Free, All 100s (Not 100 IM), All 200s, 400 IM, 500 Free/400 Free (LC), 1,000/1,650 Free or 800 Free/1,500 Free (LC)

2016 Long Course Season/ 2016-2017 Short Course Season

