

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

This year at our annual end of the season banquet, we will present a special award to our Iron Athletes. To be considered an Iron Athlete, swimmers must legally complete each of the events, designated for their age group by the coaching staff, in competition during the season. Iron Athletes will receive a custom patch, T-Shirt, and water bottle to recognize their accomplishments. Talk to your coach today to find out how close you are to becoming an Iron Athlete!

8 & Under Iron Mini	12 & Under Iron Athlete	13 & Older Iron Athlete
25 FLY	50 FLY	50 FREE
25 BACK	50 BACK	100 FLY
25 BREAST	50 BREAST	100 BACK
25 FREE	50 FREE	100 BREAST
50 FLY	100 FLY	100 FREE
50 BACK	100 BACK	200 FLY
50 BREAST	100 BREAST	200 BACK
50 FREE	100 FREE	200 BREAST
100 FREE	100 IM	200 FREE
100 IM	200 FREE	200 IM
	200 IM	400 IM
	500 FREE	500 FREE
	*1000 FREE (11-12)	1000 FREE
		1650 FREE