



IRON TSUNAMI

The IRON TSUNAMI Award is awarded to the swimmers who go above and beyond in their swim journey both as athletes and as members of our SFY Community. Coaches will award the IRON TSUNAMI to swimmers who meet the following requirements:

- A. Swim each event listed for their age group as part of the [East Field South District Championship Cut Time](#) at a swim meet (between the first and last day of the Fall/Winter season).
- B. Strive toward development of character in the "Y" spirit within our SFY swimming community.

Swimmers must track their progress toward the IRON TSUNAMI throughout the season. Use the table on the reverse to note your achievements towards the award by marking for each event completed legally and without disqualification. In the appropriate box for each event, indicate the Meet Name and Date for each event finished. Finally, write, in your own words, a few sentences to describe how you have lived up to the expectation of the "Y" spirit this season.

Completed IRON TSUNAMI forms are due to your Level Coach no later than March 8, 2019.

IRON TSUNAMI recipients will be announced at the end of the season banquet.



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	10 & Under		11-12 year olds		13-14 year olds		15-21 year olds	
	Meet	Date	Meet	Date	Meet	Date	Meet	Date
50 Free								
100 Free								
200 Free								
500 Free								
1000 Free	-	-	-	-				
50 Back					-	-	-	-
100 Back								
200 Back	-	-	-	-				
50 Breast					-	-	-	-
100 Breast								
200 Breast	-	-	-	-				
50 Fly					-	-	-	-
100 Fly								
200 Fly	-	-	-	-				
100 IM			-	-	-	-	-	-
200 IM	-	-						
400 IM	-	-	-	-				

How have you lived up to the expectations of the "Y" spirit within our SFY swimming community this Fall/Winter Season? (please add additional sheets if you need more space)

NAME: _____

PRACTICE LEVEL: _____

DATE SUBMITTED: _____