

# IRON EAGLE

Swimmers that legally complete in all of the required events can earn the title of IRON EAGLE. Swimmers will receive a prize at the end of season recognizing their accomplishment. Swimmers attempting to complete the IRON EAGLE should communicate this desire with their coach. As a coaching staff we will do our best to help swimmers reach their goal, however we will not put swimmers in an event we do not feel they are ready for.

## Age 8 & Under

(10 total events)

25 / 50 / 100 Free

25 / 50 Backstroke

25 / 50 Breaststroke

25 / 50 Butterfly

100 Individual Medley

## Age 9 – 10

(11 total events)

50 / 100 / 200 Free

50 / 100 Backstroke

50 / 100 Breaststroke

50 / 100 Butterfly

100 / 200 Individual Medley

## Age 11 – 12

(13 total events)

50 / 100 / 200 / 500 Free

50 / 100 Backstroke

50 / 100 Breaststroke

50 / 100 Butterfly

100 / 200 Individual Medley

Complete one of the following

200 Back / Breast / Fly

400 Individual Medley

1000 / 1650 Free

## Age 13 & Over

(13 total events)

50 / 100 / 200 / 500 Free

1000 or 1650 Free

100 / 200 Backstroke

100 / 200 Breaststroke

100 / 200 Butterfly

200 / 400 Individual Medley

# Iron Eagle Form

Please complete and turn this form into your coach at the pool.

## 8 & Under

| Event                 | Meet Name |
|-----------------------|-----------|
| 25 Freestyle          |           |
| 50 Freestyle          |           |
| 100 Freestyle         |           |
| 25 Backstroke         |           |
| 50 Backstroke         |           |
| 25 Breaststroke       |           |
| 50 Breaststroke       |           |
| 25 Butterfly          |           |
| 50 Butterfly          |           |
| 100 Individual Medley |           |

## 9 – 10

| Event                 | Meet Name |
|-----------------------|-----------|
| 50 Freestyle          |           |
| 100 Freestyle         |           |
| 200 Freestyle         |           |
| 500 Freestyle         |           |
| 50 Backstroke         |           |
| 100 Backstroke        |           |
| 50 Breaststroke       |           |
| 100 Breaststroke      |           |
| 50 Butterfly          |           |
| 100 Butterfly         |           |
| 100 Individual Medley |           |
| 200 Individual Medley |           |

# Iron Eagle Form

Please complete and turn this form into your coach at the pool.

11 – 12

| Event                                                                                        | Meet Name |
|----------------------------------------------------------------------------------------------|-----------|
| 50 Freestyle                                                                                 |           |
| 100 Freestyle                                                                                |           |
| 200 Freestyle                                                                                |           |
| 500 Freestyle                                                                                |           |
| 50 Backstroke                                                                                |           |
| 100 Backstroke                                                                               |           |
| 50 Breaststroke                                                                              |           |
| 100 Breaststroke                                                                             |           |
| 50 Butterfly                                                                                 |           |
| 100 Butterfly                                                                                |           |
| 100 Individual Medley                                                                        |           |
| 200 Individual Medley                                                                        |           |
| One or the following<br>200 Back / Breast / Fly<br>400 Individual Medley<br>1000 / 1650 Free |           |

# Iron Eagle Form

Please complete and turn this form into your coach at the pool.

13 & Over

| Event                  | Meet Name |
|------------------------|-----------|
| 50 Freestyle           |           |
| 100 Freestyle          |           |
| 200 Freestyle          |           |
| 500 Freestyle          |           |
| 1000 or 1650 Freestyle |           |
| 100 Backstroke         |           |
| 200 Backstroke         |           |
| 100 Breaststroke       |           |
| 200 Breaststroke       |           |
| 100 Butterfly          |           |
| 200 Butterfly          |           |
| 200 Individual Medley  |           |
| 400 Individual Medley  |           |