



## SMDA Iron Swimmer Award

Name:		Age:
Fill in the date and your time next to each event. When all events are complete, turn this sheet into your coach to be acknowledged at the end of season banquet.		
8 and Under	9 through 12	13 and Over
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
		1000/1650 Free