

Storm's IM

Extreme Challenge

Coach David would like to challenge all Storm swimmers to complete the IM Extreme through USA Swimming.

To do this, each swimmer needs to compete in specific events at USA Swim Meets depending on their age group during the season.

For the Summer Season, this means you will need to compete in the following events in Long Course Meters.

10 & Under Swimmers

- 200 Free
- 100 Back
- 100 Breast
- 100 Fly
- 200 IM

11-12 Swimmers

- 400 Free
- 100 Back
- 100 Breast
- 100 Fly
- 200 IM

13 & Over Swimmers

- 400 Free
- 200 Back
- 200 Breast
- 200 Fly
- 200 IM
- 400 IM

Please use the lists above as a check list to help you when you are entering long course swim meets. For more information on the IM Extreme Challenge talk to Coach David or go to USA Swimming and search for IM Extreme Challenge

(<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=801&Alias=Rainbow&Lang=en>).

If you complete your IM Extreme Challenge, you will receive a printed certificate at the beginning of next season (at the Fall Banquet)!!