

Marlin Extreme Swimmer Requirements

Objectives

1. To encourage meet participation, especially weekend meets.
2. To develop technical proficiency in all four competitive strokes and the individual medley
3. To **challenge** swimmers to extend their comfort zones beyond what may have been developed by previous swimming experiences.
4. Start Date May 02, 2008 Long Course Season**

Description

In order to earn the Extreme Swimmer Award, a swimmer must legally swim the required number of events in an USA Swimming Sanctioned Meet.

Application must be turned in by, August 2, 2008. The award will not be presented without a completed application.

<u>8 & Under</u>	<u>9 - 10</u>	<u>11 - 12</u>	<u>13 and Older</u>
50 and 100 Freestyle	50, 100, and 200 Freestyle	50, 100, and 200, Freestyle	50, 100, 200, and 400 Freestyle
50 Backstroke	50 and 100 Backstroke	50 and 100 Backstroke	100 and 200 Backstroke
50 Breaststroke	50 and 100 Breaststroke	50 and 100 Breaststroke	100 and 200 Breaststroke
50 Butterfly	50 Butterfly	50 and 100 Butterfly	100 and 200 Butterfly
	200 Individual medley	200 Individually medley	200 and 400 Individually medley
		400 Freestyle and	800 Freestyle OR
		200 Breaststroke OR	1500 Freestyle
		200 Backstroke	

****Age Group as of May 2, 2008**