

# For the TRULY Committed IM Swimmer

## 2400 yards of IM delight!

Steve Darnell brings this event to our attention.

How many of you have done an 800 IM? How about after four 200 IM's and two 400 IM's? Last year, one woman (Anna Graham: 30-34 age group) swam the entire 2,400 yard event in just 33 minutes. She beat all the guys.

Matt, we need you to represent the Y chromosome set.

### **ANNOUNCING — the 2nd Annual IM Madness ePostal, March 1 — March 31.**

North Carolina is hosting 3 challenging IM events: the **Sweet 8** (800 total yards), **Sweet 12** (1,200 yards) and **Sweet 24** (2,400 yards). Start the clock, swim the event (resting as much as necessary), stop the clock, then enter your time online. You must have a lap counter/split taker and may choose any or all three events.

See the details here:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2442&smid=11038](https://www.clubassistant.com/club/meet_information.cfm?c=2442&smid=11038)

<b>Sweet 8</b>	<b>Sweet 12 - 3 X 400 IM</b>	<b>Sweet 24 - 3 X 800 IM</b>
100 IM	4 X 100 IM	4 X 200 IM
50 Fly	2 X 200 IM	2 X 400 IM
100 IM	1 X 400 IM	1 X 800 IM
50 Back	Total: 1200 yards	Total: 2400 yards
100 IM		
50 Breast		
100 IM		
50 Free		
200 IM		
Total: 800 yards		

