



Individual Medley (IM)

The individual medley is one of the most challenging of all swimming events. However, it can also be one of the most fun for the swimmer. The swimmer must change strokes throughout the race using the correct turns for each of the strokes. Regardless of the distance of the individual medley event, the swimmer must swim the race using the four competitive strokes in the correct order. The athlete swims each stroke for one-fourth of the race. The swimmer begins the race from a standing or in-water start in the order of:

- Butterfly
- Backstroke
- Breaststroke
- Freestyle

To train for individual medley events, the coach must teach all four strokes and appropriate turns. To better prepare for a race, focus more attention on the athlete's weakest stroke.

Swimming Turns

IM Turns

Butterfly to Backstroke

The butterfly to backstroke turn must be executed with a simultaneous two-hand touch

1. Swim butterfly towards the wall
2. Touch the wall simultaneously with both hands
3. Bring the knees to the chest and plant the feet on the wall
4. Push off forcefully with both feet and in a supine, streamlined position
5. Go into backstroke.

Backstroke to Breaststroke

For safety reasons, Backstroke flags are placed a regulation 5m from the end of the pool. The flags enable the swimmer to identify the distance to finish their race.

1. Swim backstroke to the wall and touch the wall with one hand while on the back
2. Bring the knees to the chest and drive the feet towards the wall
3. As the feet reach the wall, reach forward with one arm
4. Push off the wall forcefully with both feet
5. Extend both hands over head, moving to a prone, streamlined position.
6. Begin breaststroke





Breaststroke to Freestyle

The breaststroke to freestyle turn must be executed with a simultaneous two-hand touch

1. Swim breaststroke towards the wall
2. Touch the wall simultaneously with both hands
3. Begin to rotate the body
4. Bring the knees to the chest and plant the feet on the wall
5. Push off forcefully with both feet and assume a prone, streamlined position
6. Resume freestyle.

Rules and DQ's

Refer to [SO](#) and [Fina rules](#).

Rules that apply to Breaststroke will be:

1. In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
2. In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.
3. In Medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.
4. Each section must be finished in accordance with the rule which applies to the stroke concerned.

DQ Codes can be found in [Rules and Regulations section](#).

