

The IMX Challenge, with its two components, IM Ready and IM Xtreme, is a motivational program where swimmers are scored on their performances in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. By encouraging swimmers to swim a variety of events, we hope to avoid any tendency to specialize in narrow selection of events at a young age.

Program Description

Swimmers participate in a designated combination of five or six events and, based on the power points scored for each of those swims, earn a combined score that is called the IM Ready or IMX score.

IM Ready (IMR)

The first phase in the IMX Challenge is called IM Ready (or IMR) and is comprised of a series of five events at shorter distances. The following single age groups and event combinations are tabulated and scored for both male and female:

9 & Under; 10-year olds:

100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds:

200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IM Xtreme (IMX)

The second phase in the IMX Challenge is called IM Xtreme (or IMX) and is comprised of a series of five or six events at longer distances. The following single age groups and event combinations are tabulated and scored for both male and female:

9 & Under; 10-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds:

400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds:

400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM