



Condors Swimming IMX Challenge



Condors Swimming is excited to announce our participation in a new program by USA Swimming to help age-group swimmers better track their progress. USA Swimming has developed the I.M. Xtreme Challenge as a motivational program whereby swimmers will be scored and ranked nationally by age on their performance in a combination of five or six events. The purpose of the program is to promote the event versatility that is integral to long term success in swimming.

Swimmers will participate in the designated events (see below) and will be provided with a “power points” score for each of those swims. **In order to have an IMX score the swimmer must legally complete each IMX event for their age level during the season.** To help our coaches, swimmers, and parents track our swimmers’ success we will post updated IMX scores after every USA Swimming meet we attend.

IMX Events:

10&Under (5 events):

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

11-year olds; 12-year olds (5 events):

200 IM, 400/500 Free, 100 Back, 100 Breast, 100 Fly

13, 14, 15, 16, 17, and 18 -year olds (6 events):

200 IM, 400 IM, 400/500 Free, 200 Back, 200 Breast, 200 Fly

Condors Awards and Recognition

To reward our swimmers for their participation in the IMX program we will provide the following award levels. The IMX scoring system will be the basis for the majority of our awards at our annual banquet.

Certificate of Participation: All swimmers that legally complete all IMX events for their age level.

“400 Plaque”: All swimmers that legally complete all IMX events and score an average of 400 points per event (2000 Total for 12&Under, 2400 Total for 13&Up).

“500 Plaque”: All swimmers that legally complete all IMX events and score an average of 500 points per event (2500 Total for 12&Under, 3000 Total for 13&Up).

“600 Trophy”: All swimmers that legally complete all IMX events and score an average of 600 points per event (3000 Total for 12&Under, 3600 Total for 13&Up).

USA Swimming Select Camps:

USA Swimming uses IMX scores to select swimmers to invite to Zone Select Camps



Zone Select Camps are conducted each Spring for girls age 12-13 (at time of qualification) and boys age 13-14 (at time of qualification) based on long course times and IMX scores achieved the previous summer. Each camp in the four zones hosts 28 male and 28 female athletes.



The **National Select Camp** is held annually for 30 female athletes age 14-under (at time of qualification) and 30 male athletes age 16-under (at time of qualification) based on long course times and IMX scores achieved the previous summer.

Understanding your IMX Score

Your IMX Score will be posted on our website after every USA Swimming meet we attend.

This is your IMX Score. Our system will provide a score regardless of whether or not you have completed all the required events. In order for your score to be recognized by USA Swimming you must have completed all IMX events for your age level

| | | | | | |
|-------|---------|---|---|-----|--------|
| 3,521 | | | | | |
| 613 | 5:17.75 | L | F | 400 | Free |
| 715 | 1:17.83 | L | F | 100 | Back |
| 823 | 1:24.26 | L | F | 100 | Breast |
| 635 | 1:18.82 | L | F | 100 | Fly |
| 735 | 2:44.44 | L | F | 200 | IM |

Event Score Event Time Event

Your Coaches:

As part of the process to promote the IMX program, we have worked with all the coaches to develop a process to encourage our swimmers to compete each IMX events. If you have any specific questions, please speak with your coach.

-J.P. and Bob Carlucci