



FAQs IMX/ IMR

Confused about what IMX and IMR mean? Wondering why your swimmer should take the challenge? Take a minute to review these questions.

What is the IMX/IMR program?

The IMXtreme is a program that was created by USA Swimming that allows swimmers and coaches to track their times against other swimmers in the country. It's just one more tool that coaches and swimmers can use to monitor progress.

How does my swimmer get an IMX/IMR score?

In order to achieve a score and complete the challenge, swimmers need to compete in each event for the designated challenge (IMX or IMR) at least one time in a season at a sanctioned meet. They can achieve the score all in one meet or over the course of several meets; however, the swimmer must be legal in the event for that event to count toward a score. Please note that the events must be completed in a season, and a season is defined by either being short course or long course. A swimmer can't mix and match events from different seasons to get a score.

Swimmers can start with the goal of achieving an IMR score and then work up to the goal of achieving an IMX score. The different age groups have different series of events. The events listed below outline what events a swimmer needs to complete for each designation.

IMR EVENTS – IM Ready

To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, are the events listed by age groups.

9 & Under, 10-year-olds: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

11-year-olds, 12-year-olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

13, 14, 15, 16, 17, & 18-year-olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IMX EVENTS – IM Xtreme

When your swimmer is ready to move forward from the IMR events, the next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances.

9 & under, 10-year-olds: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year-olds, 12-year-olds: 400 Free (LCM) or 500 Free (SCY), 100 Back, 100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, 18-year-olds: 400 Free (LCM) or 500 Free (SCY), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

Why should I encourage my swimmer to try to complete the IMX/IMR challenge?

There are so many reasons why your swimmer should try to complete the challenge! First, it is confidence building. When your swimmer completes this event series, it's a big deal! It shows that he or she can compete legally in multiple events. Remember swimmers don't need to do the event within a certain time to complete the challenge, they just need to complete it legally and within the season at a sanctioned meet. The program also encourages kids to step out of their comfort zones and try events they might not otherwise try. All too often kids get caught in the trap of boxing themselves into what events they think they can and can't do. Consequently, they start specializing in a stroke way before it is appropriate to do so. This program forces them to try something new, which is a good thing! Last, if they complete one or both of the challenges, they will get a certificate showing they achieved the honor.

How do I calculate my swimmer's IMX/IMR score?

Your child's coach can calculate your swimmer's score. The coaches will periodically run reports to show swimmers where they stand. You can also calculate your swimmer's score by using the Power Point Calculator developed by USA Swimming. You can figure out the score by plugging in the necessary information for each event and then adding the total. See <https://www.usaswimming.org/times/popular-resources/power-point-calculator> for the power point calculator.

What information does an IMX/IMR score give me and my swimmer?

The score is really just another way to measure progress. When kids drop time, their score increases. It shows that they are improving.

Are there any meets that my swimmer can qualify for based on his or her IMX score?

Yes! A goal for many of our 14 and under swimmers on PEAQ is to qualify for the Eastern Zone IMX Championships held at The University of Maryland at the end of January. To qualify for this meet, swimmers need a total of 1800 IMX points. If they qualify, swimmers get to compete against some of the fastest kids in their age group in the Eastern Zone.

*** If you have any other questions about IMX/R, reach out to a coach or a parent liaison.

*** For more information visit USA Swimming's page on IMX/IMR.

<https://www.usaswimming.org/times/imx-imr>