

STARS wants all swimmers involved in a USA Swimming challenge... the **I.M. Xtreme Challenge**. The IMX Challenge is a motivational program whereby swimmers will be scored and ranked in the LSC, Zone and Nation on their performance 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.

In order to receive an IMX score, a swimmer must legally swim each IMX event for their age level in a sanctioned meet at least once during the season.

Age Groups and Events

The following single age groups and event combinations will be tabulated and scored for both men and women:

9 & Under; 10-year olds:

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

11-year olds; 12-year olds:

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

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

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

STARS will be posting and updating each swimmers IMX score after each meet. At the end of the season we will also post each swimmer's rankings.

Accept the challenge! Swim all your age group events, improve your versatility, and watch your score and rankings go up!