



LAKE ERIE SILVER DOLPHINS

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MR/IMX Challenges

The IM Ready (IMR) and IM Xtreme (IMX) challenges allow swimmers to compete in specific events, track their times and earn a score that allows them to compare their progress against other swimmers locally and nationally. Once an athlete has completed all of the events in their chosen challenge, they can log into the OnDeck app to find their score. **LESD Swimmers will receive a special award for completing IMR or IMX Challenges**



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)



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