



What is IMX?

IMX stands for I.M. Extreme



Here's what it takes to get an IMX score (complete these events legally):

- 10&Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- 11-12s: 400/500 Free (LC/SC), 100 Back, 100 Breast, 100 Fly, 200 IM
- 13-18s: 400/500 Free (LC/SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

What is IMR?

IMR stands for I.M. Ready.



Here's what it takes to get an IMR score (complete these events legally):

- 10&Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
- 11-12s: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
- 13-18s: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Why is it important to have an IMX score?

One of our program goals is to have all of our swimmers achieve an IMX score.

Once you have a score, you can improve the score by dropping time.

These scores help you track progress, help get you into USA Swimming camps/clinics, as well as help improve our team rank within USA Swimming.

You can see your scores through your USA Swimming dashboard. It will show you where you rank within our team, LSC (SoCal Swimming), Zone (Western), and nationally.