IMX Scores

IMR and IMX scores are something being encouraged by USA swimming over the last few years to create well-rounded swimmers. A swimmer gets an IMR/IMX score once they’ve completed the following events:

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| --- | --- | --- |
| Age Group | IMR Events | IMX Events |
| 10-Under Swimmers | 100FR, 50BK, 50BR, 50FL, 100IM | 200FR, 100BK, 100BR, 100FL, 200IM |
| 11-12 Swimmers | 200FR, 50BK, 50BR, 50FL, 100IM | 500FR, 100BK, 100BR, 100FL, 200IM |
| 13-Over Swimmers | 200FR, 100BK, 100BR, 100FL, 200IM | 500FR, 200BK, 200BR, 200FL, 400IM |

The IMR events are the easier version, the IMX events are quite the challenge for each swimmer. A swimmer receives their score only after they’ve completed ALL the events listed in the category. USA Swimming uses the scores for [club virtual rankings](https://www.teamunify.com/SubTabGeneric.jsp?team=wisps&_stabid_=114490) (the way we compare the Storm swimmers as a team to all other teams) and club excellence (it shows we’re a well-rounded club if we have well-rounded swimmers). As coaches, we use the IMX score to see the best/worst strokes of each swimmer and to see if a swimmer is improving from year to year. So, if you’re wondering why I’ve put your child in the 400IM, 200FL, or some other painful-to-watch event…it’s not purely evil, it’s to complete their IMX score.

You can find more information on IMX scores by going to this link:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1720&Alias=Rainbow&Lang=en-US>