

## **Explanation of IMR vs IMX**

USA Swimming has IMR and IMX Challenges. IMR are shorter events as a step up to being able to complete the IMX Challenge. In order to get full points, the swimmer needs to complete all five (or six) events for their age group.

**IMR - IM Ready** - the first step in the IMX Challenge - a series of five events at shorter distances.

**IMX - IM Xtreme** - the next step is IM Xtreme. The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX events, your swimmer will rank nationally, within your zones, within your LSC rank, and in your club.

### **8 & Under**

**IMR:** 25 Fly, 25 Back, 25 Breast, 25 Free

### **10 & Under**

**IMR:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

**IMX:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

### **11-12 Year Olds**

**IMR:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

**IMX:** 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

### **13 & Over**

**IMR:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

**IMX:** 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

**IMR events** are Saturday and Sunday afternoon sessions.

**IMX events** are Friday afternoon, and Saturday and Sunday morning sessions.

There are a couple of "Non-Scoring" events your swimmer can sign up for, if they want to swim those as well. They can swim up to 4 events per day. To complete the IMR or IMX Challenge, your swimmer must complete the five (or six) events listed above per your swimmer's age.