



***IMX EXTREME
CHALLENGE***

&

Your IMX Score

IMX Xtreme Challenge – The Program

Motivational program designed by USA Swimming.

All USA swimmers scored and ranked nationally on their performance in a combination of five or six events.

Based on the power points scored for each of those swims, swimmers earn a combined score called the IMX Score.

IMX Xtreme Challenge – The Purpose

- ☐ Promote versatility
- ☐ Encourage development across a range of events integral to long term swimming success

“Specialty stroke? We specialize in the individual medley.”

- Bob Bowman

IMX Events/Score

“IMX Score” - based on the cumulative point total of all IMX events for swimmer’s age group and gender

11-12 age group:

200 IM

400/500 Free

100 Back

100 Breast

100 Fly

13 & up:

200 IM

400 IM

400/500 Free

200 Back

200 Breast

200 Fly

IMX SCORE – The Details

Must swim each IMX event for your age level in a sanctioned meet at least once during the season

Times will count for the entire season-so if a swimmer ages up during a season the IMX score on the *My USA Swimming* page will show a score for his/her lower age group and their new age group

Accessing your IMX score

USA Swimming - Home - Internet Explorer provided by Dell

http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=1&Alias=Rainbow&Lang=en

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Sport Museum at&t

USA Swimming Foundation

JOIN! USA SWIMMING

Want to join USA Swimming?
Find a club in your area.

2008 Golden Goggle Awards Nominees

USA Swimming has announced the nominees for the 2008 Golden Goggle Awards. Here are the nominees in their respective categories. The winners will be announced at the Fifth Annual Golden Goggle Awards Nov. 17 in New York. [Read more...](#)

More USA Swimming News:

JP Arnold: Joining Select Company 10/3/2008

Final legislation from the 2008 House of Delegates 10/3/2008

[More News...](#)

What's New and Happening:

Christine Marshall: Blazing Her Own Trail

Christine Marshall's road to realizing her Olympic dream didn't exactly begin with a splash. Fortunately for Texas A&M University, where she has become a multiple Big 12 Champion and All-American, Marshall eventually found enjoyment and fulfillment in the pool and stayed with it for the long haul. [Read more...](#)

Today on Swimnetwork.com:

- Chlorination #37: Blooper Time!
- Gold Medal Mel: Big Fish Clinics
- Photos: Nathan Adrian at Trials
- Photos: Elizabeth Beisel at Trials

2008 USAS Convention Feedback
[Convention Surveys](#)

ENDLESS POOLS SWIMMING MACHINES
Swim at Home

Internet | Protected Mode: On IMX - Microsoft O

Accessing your IMX score

USA Swimming - My USA Swimming - Internet Explorer provided by Dell

http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=457&Alias=Rainbow&Lang=en

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RSS USA SWIMMING

You're here: [USA Swimming Tools](#) | My USA Swimming

 Click here to learn more about the [I.M. Xtreme Challenge](#) and your [IMX Score](#).

Note: 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 current season. IMX scores are reprocessed each night. Click here to use the [IMX Calculator](#) and/or to generate power point charts.

*The National/Zone/LSC/Club rankings below are computed based on the male **or** female rankings for each age group (they are gender specific).*

Take full advantage of USA Swimming's site by creating an account. If you are a USA Swimming member, you can link your web account to your USA Swimming membership. [Click here](#) to create an account and learn more. If you've already created an account, [log in here](#).

Some benefits of linking your web account to your USA Swimming membership:

- Individual home pages for all swimmers and coaches.
- Display of personal best times and meets participated in.
- Graphical display of times information.
- Seasonal and lifetime best comparisons of times by percent and second change.
- Member only shopping benefits and promotions.

Log in or "create new account"

IMX FACTS


new season
but my IMX
updated or

of the IMX
don't have

this past
some my times

don't appear yet?

Age Group Power Points

 **IMX**
I.M. XTREME CHALLENGE

To find the tables of Age Group Power Points, use the links below:

- [Girls Age Group LCM Power Points](#)
- [Boys Age Group LCM](#)

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Accessing your IMX score

The screenshot shows the USA Swimming website interface. The browser title is "USA Swimming - IM Xtreme Challenge - Internet Explorer provided by Dell". The address bar shows the URL: <http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=801&Alias=Rainbow&Lang=en>. The page content includes a navigation menu on the left with links like "My USA Swimming", "National Team", "Times/Time Standards", "Search for Club or LSC", "2008 Olympic Games", "Camps & Clinics", "Events", "Meet Results", "Facilities", "Job Postings", "Applications & Forms", and "About USA Swimming". The main content area is titled "My USAS - Member Information" and shows details for a member from the "North Baltimore Aquatic Club" with a registration expiration date of 12/31/2006. Below this is the "IMX" logo and a note about receiving an IMX score. A section titled "My IMX History" contains a table of seasonal scores and rankings. The "IM Xtreme Season Details" section provides specific data for the Winter SCY 2005-2006 season, including a score of 2774 and various rankings. A table of event results is also shown.

Log in for access to:

- overall IMX score
- IMX score for each event,
- personal best times,
- list of meets attended,
- graphical display of times,
- season and lifetime best comparisons,
- rankings (national, zone, LSC, club)

Season	Score	Age	Age Group	Na
Winter SCY 2005-2006	3095	13	13	450
Winter SCY 2005-2006	2774	12	12	444
Summer LCM 2005	2305	12	12	603
Winter SCY 2004-2005	2428	12	12	845
Winter SCY 2004-2005	3076	11	11	212

Event	Time	Points	% of Total
500 FR (SCY)	327.66	684	24.66 %
100 BK (SCY)	69.29	510	18.39 %
100 BR (SCY)	85.13	362	13.05 %
100 FL (SCY)	67.43	582	20.98 %
200 IM (SCY)	142.58	636	22.93 %