

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

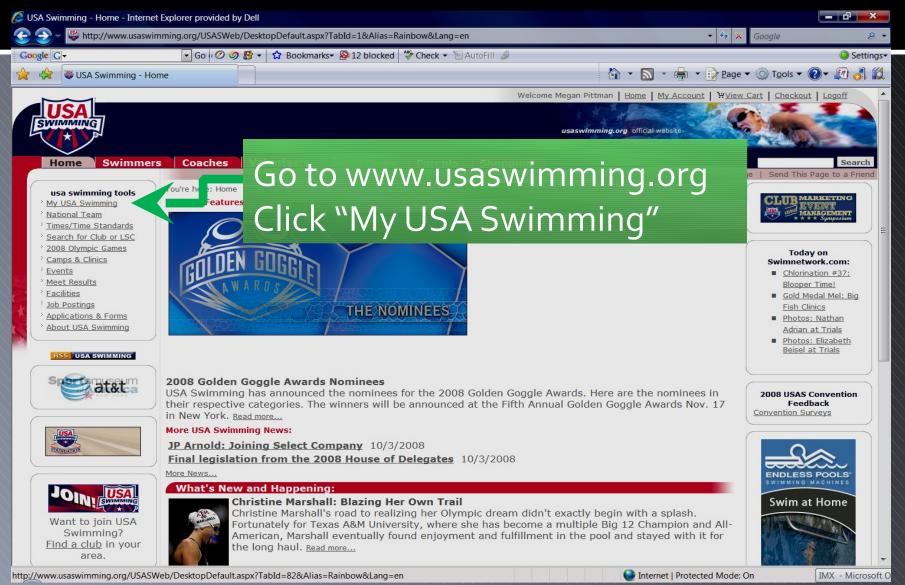
<u>13 & up:</u> 200 IM 400 IM 400/500 Free 200 Back 200 Breast 200 Fly

IMX SCORE – The Details

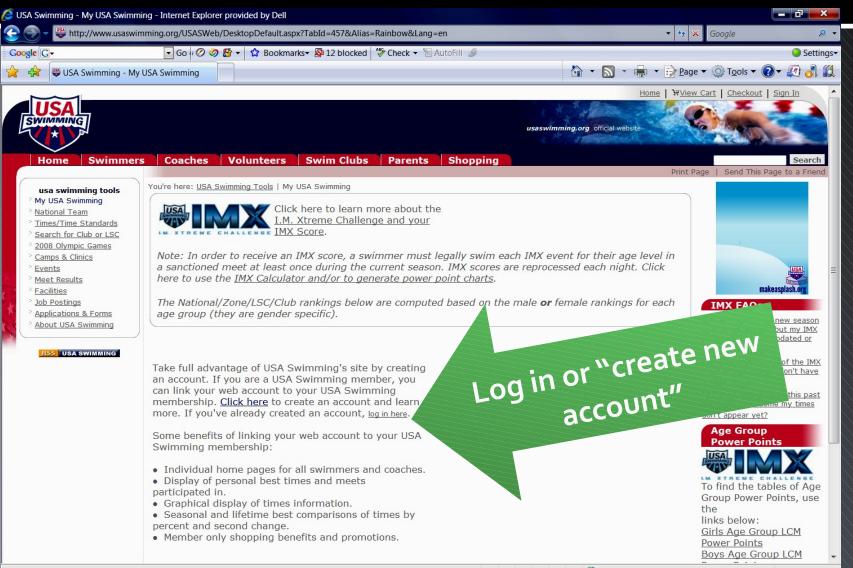
Must swim each IMX event for your age level in a sanctioned meet at least once during the season

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



Accessing your IMX score



Internet | Protected Mode: On

Accessing your IMX score

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🛠 👺 USA Swimming - IM	Xtreme Challenge		
	My USAS - Member Information		
	Member Information	Links	Log in for access to:
usa swimming tools	Club: North Baltimore Aquatic Club	0 <u>My Tir</u> <u>My Se</u>	
My USA Swimming	Reg. Exp. Date: 12/31/2006		
National Team			- overall IMX score
Times/Time Standards	Click here to learn more abou		
Search for Club or LSC 2008 Olympic Games	Xtreme Challenge and your IN		- IMX score for each event,
Camps & Clinics	Note: In order to receive an IMX score, a swimmer must le		
Events	a sanctioned meet at least once during the current season.		nor conclusion time of
Meet Results	here to use the <u>IMX Calculator and/or to</u>	generate power po	personal best times,
Facilities	The National/Zone/LSC/Club rankings below are computed b		• •
 <u>Job Postings</u> <u>Applications & Forms</u> 	age group (they are gender specific).		list of meets attended,
About USA Swimming			
	My IMX History		graphical display of times,
RSS USA SWIMMING	The table below shows the complete histor information about each season, such as the		graphical display of chiles
	selecting the button next to the season of		concern and lifetime best comparison
	Season Score Age	e Age Group Na	season and lifetime best comparison
	Winter SCY 2005-2006 3095 13		realize a fractional range (CC alub)
	• Winter SCY 2005-2006 2774 12	12 444	rankings (national, zone, LSC, club)
	O Summer LCM 2005 2305 12	12 603	
	O Winter SCY 2004-2005 2428 12	12 845	
	Winter SCY 2004-2005 3076 11	11 212	
	⊂ IM Xtreme Season Details		
	Season: Winter SCY 200	05-2006 Nat'l Rank	:: 444 out of 3810 [88 percentile]
	Age Group: 12		: 101 out of 962 [89 percentile]
	Gender: F		:: 16 out of 76 [78 percentile]
	Score: 2774	Club Rank	:: 5 out of 14 [64 percentile]
	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 %

22.93 %

Age Groups and Events

200 IM (SCY)

142.58

636