



USA Swimming is very pleased to announce an exciting new program ... the **I.M. Xtreme Challenge**. The IMX Challenge is a motivational program whereby swimmers will be scored and ranked nationally on their performance in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming.

IMX Score Using Hy-Tek's Single-Year Age Group Power Points, all USA Swimming registered athletes earn an "IMX Score" based on the cumulative point total of the combination of IMX events for their age level. The overall IMX score, as well as the swimmer's current best score for each IMX event, appears on the athlete's *My USA Swimming* page for each season. As times in these events improve, the swimmer's IMX score is automatically updated.

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 season.

A swimmer's 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.

My USA Swimming Page

We strongly encourage swimmers who have not done so to create a web account to be able to access their personal *My USA Swimming* page! If a swimmer has already swum the event combo for his/her age level, the IMX score and ranking now appears in a special section of the swimmer's *My USA Swimming* page. The only place to access an overall IMX Score, as well as the swimmer's current best score for each IMX event, is on that swimmer's personal *My USA Swimming* page. Other features of this special page include a display of personal best times and corresponding power points, a list of meets participated in, a graphical display of times info, seasonal and lifetime best comparisons, in addition other member only features.

Age Groups and Events

The following single age groups and event combinations will be tabulated and scored for both men and women:

10 & Under: 200 IM, 200 Free, 100 Back, 100 Brst, 100 Fly

11-12-year olds: 200 IM, 400/500 Free, 100 Back, 100 Brst, 100 Fly

13-18 -year olds: 200 IM, 400 IM, 400/500 Free, 200 Back, 200 Brst, 200 Fly

How to Participate

Participation in this program is easy. Using the data available in the STAR database system, USA Swimming will automatically compute scores and results for all athlete members. Swimmers only need to compete in the IMX combination of events for their age group and they will be part of the program.

Website

The USA Swimming website now features several new pages related to the I.M. Xtreme Challenge:


- Program Announcement Information
- [Find Your IMX Ranking](#)
- [Current Year Top 100 Rankings - SC](#)
- [Current Year Top 100 Rankings - LC](#)
- New IMX section of each *My USA Swimming* page

Time Period

The IM Xtreme Challenge will be tabulated annually for both the short course yard and long course meter performances. Final short course rankings will be tabulated using results achieved between September 1 and May 31. Final long course rankings will be tabulated using results achieved from September 1 to August 31.

Hy-Tek Single-Year Age Group Power Points

Rankings in the IMX program will be based on power points. Working in collaboration with USA Swimming, Hy-Tek has developed a power point system for each age level that allows for comparison of performances across strokes, distances and events, as well as between age groups. Please see the

[Power Points](#) page and the  [IMX & Power Point Calculator](#) for more information.

Recognition

Swimmers will be able to see their National Rank, Zone Rank, LSC Rank, and Club Rank on their *My USA Swimming* page. By clicking on the appropriate button next to the season a swimmer will also be able to see in the "IM Xtreme Season Details" section below the "Seasons" chart additional information about each season, such as the size of the ranked group and how the score was calculated. All rankings in this area are gender and age group specific.

The [Find Your IMX Ranking](#) page on the USA Swimming website will also maintain an up-to-date ranking of IMX scores that will provide rankings for top 7000 swimmers by both age and gender. USA Swimming will declare an IM Xtreme Challenge Champion for each age level and gender at the end of each short course and long course season. In the future, USA Swimming will also maintain and publish an all-time IMX Top 100 list.