

IM Ready (IMR) and IM Xtreme (IMX) is an incentive programs sponsored by USA Swimming in order to encourage athletes to swim events of every stroke discipline and longer distances in order to develop well rounded swimmers and encourage meet participation. Once you've swum each event at least once at an official meet, you can log-in to your Deck Pass Account, and find out where you rank against your teammates, your LSC, your zone and yes, even across the USA!



IM READY (IMR) CHALLENGE!

IM Ready is the little brother of IM Xtreme, tailored toward our younger swimmers. Does 200 yards seem a little much? Then start getting "IM Ready" by swimming shorter distances, and keeping track of your improvements.

The first step in the IMX Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at shorter distances. Below, we've listed the line-up by age groups.

9 & Under; 10-year olds:

100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

11-year olds; 12-year olds:

200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

13, 14, 15, 16, 17, & 18-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM



IM XTREME (IMX) CHALLENGE!

Ready to move forward? You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a stepping stone. The IMX ranking includes a series of five or six events at longer distances.

9 & Under; 10-year olds:

200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-year olds; 12-year olds:

400 Free (LC) or 500 Free (SC), 100 Back,
100 Breast, 100 Fly, 200 IM

13, 14, 15, 16, 17, & 18-year olds:

400 Free (LC) or 500 Free (SC), 200 Back,
200 Breast, 200 Fly, 200 IM, 400 IM

Important Note about IMR and IMX Scores

An IMR or IMX score is only established after a swimmer has swum all of the events required for their age group in a sanctioned meet since the start of the current season; both short and long course seasons start September 1 and end August 31 for IMR/IMX purposes. Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.

How do I score points?

Rankings in the program are based on power points a system developed by USA Swimming. See the [Power Points page for more information and to use the Power Point Calculator](#).

How do I participate?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to sign up for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.