

Are you Ready or Xtreme?

Have you swum all of your required events?

An IMX or IM Ready 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 - September 1 - August 31.

Additionally, a swimmer must complete all of the events in the same course (SCY or LCM) to have a score in that particular course.



IM Ready (IMR)



10 & Unders

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



11 & 12

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



13 through 18

- _____ 200 Free
- _____ 100 Back
- _____ 100 Breast
- _____ 100 Fly
- _____ 200 IM



IM Xtreme (IMX)

10 & Unders

- _____ 200 Free
- _____ 100 Back
- _____ 100 Breast
- _____ 100 Fly
- _____ 200 IM

11 & 12

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

13 through 18

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

Talk with your swimmer's coach TODAY about the events that are needed in order to complete the IM Ready or IM Xtreme Challenge!