



# LANIER AQUATICS

Frances Meadows Aquatic Center

IM Xtreme is a program that allows USA Swimming members to track their times (or coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region and yes, even across the USA!

**10 & Under:** 200 Free, 100 Back, 100 Breast, 100 Fly,  
200 IM

**11&12 year olds:** 400 Free (LC Season) or 500 Free (SC Season), 100 Back, 100 Breast, 100 Fly, 200 IM

**13-18 year olds:** 400 Free (LC Season) or 500 Free (SC Season), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM



**10 & Under:** 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC Season) or 200 IM (LC Season)

**11&12 year olds:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC Season) or 200 IM (LC Season)

**13-18 year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

