



### **Other Important Info:**

#### **Meet goals for the Senior, Pre-Senior, Manta and Blue Groups:**

The goal over the first two/three meets is to achieve an IMX score. To do this the swimmers need to compete in a wide range of events. Once the swimmer achieves all of the events, they earn a IMX score. South Carolina Swimming Select Camp and some national level camps use this score to make their selection of athletes. Here are the ages and events a swimmer must compete in to achieve an IMX score.

#### **IM XTREME (IMX)**

Ready to move forward? The next step is IM Xtreme (IMX). The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank and on your club.

**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

By the conclusion of the November meets we want as many swimmers to achieve an IMX score!

#### **Meet Goals for Atlantic/Electric Swimmers:**

Since some of you this is your first big meet, we want the swimmers to swim events they are comfortable with. If your swimmer is up to the challenge of the IMX events, then let's do it!

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 (SCY) or 200 IM (LCM)

**11-year olds, 12-year olds:** 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SCY) or 200 IM (LCM)

**13, 14, 15, 16, 17, & 18-year olds:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM  
Once you've swum each event at least once at an official meet, you can log-in to your USA Swimming Account, and find out where you rank against all the other swimmers on your club team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a stepping stone.

There is special program for **8 & Unders in the state of South Carolina** called I'M Tough! When an 8 & Under swimmer legally competes and earns a time in the following events, they earn a T-shirt from the South Carolina State swimming committee that says, "IM tough!"

The events for the 8 & Under IM TOUGH award are:  
200 Free, 200 IM , 50 Back, 50 Breast, 50 Fly, 50 Free.

**#RaysAsOne**