



2023 IMR/IMX Season Kickoff Meet Report

757swim started the 2023-2024 short course season by hosting 425 swimmers at the IMR/IMX Season Kickoff meet on October 6-8 at our home pool, the 757swim Aquatics Center in Williamsburg. Congratulations to the 124 757swim teammates who launched the season with this challenging meet and thank you to all of the parents and volunteers that made the meet possible.

USA Swimming's IM Xtreme Challenge (IMX) is a national program that encourages all-around athlete development and allows swimmers to track their times against other swimmers all across the nation. By swimming a specific program of events, a swimmer can see where they rank against their teammates, their region, and across the USA. IM Ready (IMR) is the little brother of IM Xtreme, tailored toward developing swimmers by swimming shorter distances and keeping track of improvements.

Rankings in the program are based on power points, a system developed by USA Swimming. An IMR or IMX score is only established after a swimmer has swum all of the events required for their age 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. USA Swimming automatically scores and calculates results for all athlete members.

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. The events to qualify for an IMX score are:

- 10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- 11-12: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM
- 13-18: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

The first step in the IMX Challenge is IMR. To get "IM Ready," swimmers compete in a series of five events at shorter distances. The events to qualify for an IM Ready score are:

- 10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)
- 11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)
- 13-18: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

Congratulations to all of the 757swimmers who completed in the IMX/IMR meet. For many, this meant challenging themselves with new strokes, distances, and/or events that they have not swum before.

Top Ranked IMX Scores:

Anna Shnowske (15)	3,933	Lilly Younica (12)	2,897	Charlotte Basic (15)	2,303
Will Hartig (14)	3,839	Campbell Daniel (14)	2,828	Remington Freeman (13)	2,283
Matthew Shnowske (17)	3,597	Andrey Radkevich (16)	2,753	Anson Butler (14)	2,267
Moira Sokolowsky (13)	3,377	Brooke Ericsson (14)	2,716	Alyssa White (15)	2,267
Lucas Landers (15)	3,370	Jaclynn Buzek (13)	2,662	Bella Levin (15)	2,173
Brooke Quinn (14)	3,073	Robert Lamerdin (15)	2,647	Taraneh Bonyadlou (13)	2,130
Bella Lorack (15)	2,979	Mason Hibbard (15)	2,637	Jostin Keithley (15)	2,219
Holly Brundage (16)	2,974	Peyton Cleary (15)	2,535	Emerson Henshaw (12)	2,042
Misha Radkevich (11)	2,958	Finley Dameron (12)	2,359	Jimmy Jacobs (13)	2,022

Top Ranked IMR Scores:

Brennan Bermudez (11)	2,815	Sky Beers (12)	1,433	Noah Hoffman (16)	1,288
Tessa Long (10)	2,604	Vaughan Treiber (13)	1,423	Keller Hamilton (11)	1,191
Grant Carstarphen (10)	2,322	Hadley James (11)	1,421	Aliva Ballin (11)	1,060
Ariel McCormick (11)	2,132	Gina Scianandre (10)	1,414	Lindsey Ericsson (11)	1,026

This information is compiled by team volunteers. Please forgive any mistakes and email corrections to info@757swim.com.

We had 19 new swimmers for whom the IMR/IMX meet was their first short course swim meet with 757swim. Congratulations to the **new 757swimmers** who competed in their first meet with the team:

Rhodes Barrell	Mark Nesterenko	Eliana Waters
Charlotte Knoth	Parker Patanella	Ali Weisiger
Lucy Lapetina	Josie Schleicher	Wren West
Bergen Lofgren	Maddie Stull	Ava Wills
Elin Lofgren	Nehemiah Thrash	KK Wills
Ariel McCormick	Barrett Treiber	
Erin McCormick	Ashton Twitty	

An amazing 37 swimmers had at least one “double-digit drop” throughout the meet. The top 4 drops in time were in the go to Jimmy Jacobs, cutting 44.45 off the 500 free, Owen Quinn, slicing 36.99 off the 400 IM; Shawn Arne, chopping 32.76 off the 400 IM; and Sam Shnowske, dropping 32.76 off the 400 IM. Shawn Arne and Owen Quinn also achieved “double digit drops” in three events. Way to go!!

The following swimmers **dropped time in all** of their events:

Shawn Arne	Finley Dameron	Sophia Olds
Skyler Austin	Braylee Fleming	Clark Pascoe
Alivia Ballin	Nora Fountain	Evan Petrie
Sky Beers	Alex Gianoukos	Blanka Rosler
Brennan Bermudez	Alayna Hall	Mason Saless
Sebastian Bet	Keller Hamilton	Kaylynn Schleicher
Cole Brenner	Caleb Harrell	Gina Scianandre
Ella Burchett	Josie Jacobs	Owen Sines
Spencer Burton	Parker Lantz	Vaughan Treiber
Jaclynn Buzek	Mason Littleton	Avery Walker
Grant Carstarphen	Eleanor McHose	
Keely Condon	Ellie O'Brien	

There were several Top 3 event finishes for 757swim. Sky Beers and Misha Radkevich swam to a top 3 finish in 4 of 5 events, Brennan Bermudez, Tessa Long, Ariel McCormick, and Knox O'Brien impressively swam to a top 3 finish in all 5 of their events, and Grant Carstarphen swam to an amazing 1st place finish in all of his events. Congrats to these swimmers and our other **Top 3** finishers:

Alivia Ballin	Kallie Harper	Clark Pascoe
Sky Beers	Emerson Henshaw	Misha Radkevich
Brennan Bermudez	Hadley James	Gina Scianandre
Sebastian Bet	Lucy Lapetina	Anna Shnowske
Grant Carstarphen	Noah Levin	Luke Shnowske
Harper Fly	Tessa Long	Madison Wall
Nora Fountain	Ariel McCormick	Jiming Zhou
Keller Hamilton	Eleanor McHose	
Makai Hamilton	Knox O'Brien	

The following swimmers have achieved new state cuts for the Virginia Short Course State Championships in March:	
Will Hartig – Boys 13-14 200BK	Misha Radkevich – Boys 11-12 100BK, 100FL
Tessa Long – Girls 9-10 200FR, 50FL, 100IM	Gina Scianandre – Girls 9-10 50BR
Knox O'Brien – Boys 11-12 50FL	

Congratulations to all swimmers, coaches, families, and volunteers for an awesome start to the 2023 – 2024 season!!

Motivational time standards give swimmers specific milestones to strive for as their times improve. Congratulations to the following swimmers who achieved **new time standards** at the IMR/IMX meet:

“AAA” Time

“AA” Time

Emerson Henshaw (100BR)
Tessa Long (50BK)

“A” Time

Jaclynn Buzek (200FL, 500FR)
Finley Dameron (100BK, 200IM, 500FR)
Will Hartig (200BK)
Tessa Long (50FL, 100IM)
Bella Lorack (200FL, 400IM)
Knox O’Brien (50FL)
Andrey Radkevich (200BR)
Misha Radkevich (100BK, 100FL)
Gina Scianandre (50BR)
Matthew Shnowske (200BK)

“BB” Time

Shawn Arne (200BR, 200IM, 400IM, 500FR)
Charlotte Basic (200FL)
Sky Beers (50BK, 50BR)
Brennan Bermudez (200FR, 50BK, 50BR, 50FL, 100IM)
Cole Brenner (200BR, 200IM, 400IM, 500FR)
Anson Butler (200FL, 200IM, 400IM, 500FR)
Jaclynn Buzek (200IM, 400IM)
Grant Carstarphen (50FL, 100IM)
Peyton Cleary (500FR)
Bryson Cory (400IM)
Finley Dameron (100FL)
Anne Dobrota (100BK)
Brooke Ericsson (200FL)
Harper Fly (100BR, 100FL)
Remington Freeman (200BR, 400IM)
Emerson Henshaw (100BK, 100FL, 500FR)
Mason Hibbard (200FL)
Jimmy Jacobs (200IM, 500FR)
Hadley James (50BR)
Jostin Keithley (200BK)
Noah Levin (100BK)
Bob Lamerdin (200BR, 200FL)
Lucas Landers (200BK)
Bella Lorack (500FR)
Eleanor McHose (200FR, 100FL, 200IM)

Ellie O’Brien (200FR)
Knox O’Brien (100IM)
Owen Quinn (500FR)
Andrey Radkevich (200FL)
Kaylynn Schleicher (100BK)
Gina Scianandre (100FR, 50BK)
Sam Shnowske (500FR)
Vaughan Treiber (200FR)
Elly Younica (200BR)

“B” Time

Shawn Arne (200BK)
Skyler Austin (100BK, 100BR, 100FL, 200IM)
Sky Beers (200FR, 50FL, 100IM)
Sebastian Bet (50BK, 100IM)
Grant Carstarphen (50BR)
Lindsey Ericsson (50BK)
Braylee Fleming (200FR, 100BR)
Nora Fountain (50FR, 50BK, 50BR, 50FL, 100IM)
Alayna Hall (200FR, 100BR, 200IM)
Keller Hamilton (50LF, 100IM)
Makai Hamilton (50BK)
Caleb Harrell (200FR)
Mason Hibbard (200BK)
Addison Hoadley (100FL)
Jimmy Jacobs (400IM)
Josie Jacobs (50BR)
Hadley James (100IM)
Matthew Long (200FR)
Eleanor McHose (100BK)
Lawson Parkhouse (500FR, 400IM)
Evan Petrie (100BK)
Sophie Plaskon (100BK)
Owen Quinn (200IM, 400IM)
Mason Saless (50BK)
Gina Scianandre (50FL, 100IM)
Luke Shnowske (100FL, 200IM)
Sam Shownske (100BR)
Owen Sines (200BK, 500FR)
Noah Taliaferro (100BK, 200IM)
Vaughan Treiber (100BK, 200IM)
Madison Wall (50BK)
Jimmy Zhou (50BR)
