



## IMX Scores

IMR and IMX scores are something being encouraged by USA swimming over the last few years to create well-rounded swimmers. A swimmer gets an IMR/IMX score once they've completed the following events:

Age Group:	IMR Events	IMX Events
10- Under Swimmers	100 FR, 50BK, 50 BR, 50FL, 100 IM	200FR, 100 BK, 100BR, 100FL, 200IM
11-12 Swimmers	200FR, 50BK, 50BR, 50FL, 100IM	500FR, 100BK, 100BR, 100FL, 200IM
13- Over Swimmers	200FR, 100BK, 100BR, 100FL, 200IM	500FR, 200BK, 200BR, 200FL, 400IM

The IMR events are the easier version, the IMX events are quite the challenge for each swimmer. A swimmer receives their score only after they've completed ALL the events listed in the category. USA Swimming uses the scores for [club virtual rankings](#) (the way we compare the Storm swimmers as a team to all other teams) and club excellence (it shows we're a well-rounded club if we have well-rounded swimmers). As coaches, we use the IMX score to see the best/worst strokes of each swimmer and to see if a swimmer is improving from year to year. So, if you're wondering why I've put your child in the 400IM, 200FL, or some other painful-to-watch event...it's not purely evil, it's to complete their IMX score.

You can find more information on IMX scores by going to this link:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1720&Alias=Rainbow&Lang=en-US>