



**First Colony Swim Team
IM Ready/IM Extreme Program
2012-2013**

Goal: The goal is to have the age group swimmers of FCST to become well-rounded and develop all strokes and distances as well as the Individual Medley.

Step # 1 Become IM Ready or IM Extreme (Must have a score through USA Swimming)

Recognition: Receive a FCST IMX or IMR Certificate

Step #2 Score 1500 Pts in IMX (12 & Under)

Score 2000 pts in IMX (13 & Over)

Recognition: Receive a IMX Patch

Step #3 Score 2500 Pts in the IMX (12 & Under),

Score 3000 pts (13 & Over)

Recognition: Receive a Nike Drawstring Bag

Step #4 Score 3500 Pts in the IMX (12 & Under)

Score 4000 Pts (13 & Over)

Recognition: Receive a Nike Backpack/Bag

Step #5 Score 4500 Pts in the IMX (12 & Under)

Score 5000 Pts in the IMX (13 & Over)

Recognition: Receive Nike Jacket

A swimmer may only receive an award 1 time per year. If a swimmer scores 3000-3999 points during the short course season, he/she must score 4000 points during the long course season to receive another award. At the beginning of each short course season, the program will start over and new awards for each step may be given.

A Note About IMX & IMR Scores

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; both short and long course seasons start September 1 and end August 31 for IMX/IMR purposes.

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)

The first [step](#) in the IMX Challenge is IM Ready (or IMR). 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 (SC) or 200 IM (LC)

11-year olds; 12-year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM (SC) or 200 IM (LC)

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 Deck Pass Account, and find out where you rank against all the other swimmers on your club team.



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

HOW DO I SCORE POINTS?

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. See the Power Points page for more information and to use the Power Point Calculator.

HOW DO I PARTICIPATE?

Participation in the IMR and IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! Swimmers only need to [sign up](#) for a Deck Pass Account, then compete in each required event, at a sanctioned meet, at least once in a season.

Swimmers have the option of printing certificates that displays their scores for either IMR or IMX. They can also optionally print their national, zone, LSC and/or club rankings.

