

IMX

Two levels: IM Ready and IM Extreme

IM Ready: Events are shorter in distance for each age group but cover all strokes

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

IM Extreme: These events are longer in distance and cover all strokes as well

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

Power points: There is a point system for your best time in each event. These are done automatically by USA Swimming and Hy-Tec.

- The power point scale ranges from 1 to 1100 points with 800 points closely approximating the old National Reportable Time Standard (this time standard is no longer published).
- The point system has been created using an algorithm that is adjusted slightly for each age level. Ideally, a 500 point swim at one age level is equal in quality to a 500 point swim at another age level.
- The point system will not be changed from year to year unless there is a rule change that would create a sudden time change for an event or stroke (example: the rule whereby a swimmer can not swim past 15 meters underwater).

There is a calculator for seeing how many points you get for your time, heres the link

<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=834&Alias=Rainbow&Lang=en>

My USA Swimming Page: Create your personal page so you can see your point updates

We strongly encourage every swimmer to create a web account in order to access a personal *My USA Swimming* page! If a swimmer has already swum the event combo for his/her age level, the score and ranking appear on the swimmer's *My USA Swimming* page. The only place to access an overall score, as well as the swimmer's current best score for each event, is on the swimmer's personal *My USA Swimming* page. Other features of this page include a display of personal best times and corresponding power points, a list of meets participated in, a graphic display of times information, season and lifetime best comparisons, and other "member only" features. Click on [**Create a Web Account**](#) on the front page of the website.

Why do this?

- 1) See your improvement from meet to meet through your point totals
- 2) Compare your best events, and then see what strokes or distances you need to work on
- 3) Become a better all around swimmer
- 4) IMX MEET: This is for 11-14 year olds with at least 1800pts.
Indianapolis, Indiana
IUPUI Natatorium!!!
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