



# ICAC gets Xtreme with IMX



USA Swimming has a number of programs to help swimmers reach the next level in their swimming careers. One of those programs is the IMX series designed to help various age groups compete in multiple events, rather than specialize in one stroke too early.

ICAC would like each swimmer to push to be their own personal best! A great way to get started is to participate in the USA Swimming IXM Extreme Challenge.

## IM XTREME (IMX)

Ready to get Xtreme? The IMX ranking includes a series of five or six events at set 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.

Series based on age:

**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 PARTICIPATE?

Participation in the IMX is easy. USA Swimming automatically scores and calculates results for all athlete members! To track your participation swimmers or parents only need to sign up for a free My USA Swimming Account at [www.usaswimming.org](http://www.usaswimming.org), then compete in each required event, at a sanctioned meet, at least once in a season.

Rankings in the program are based on power points, a system developed by USA Swimming and Hy-Tek. To calculate scores for each age group, swimmers receive power points from each of their swimmers. Those points are then tallied, and the swimmer with the most points, wins! You can find additional information about all USA Swimming has to offer at [www.usaswimming.org](http://www.usaswimming.org).

ICAC will also track and post our swimmers success. For additional information on how you or your swimmer can get Xtreme contact ICAC Head Coach Brad Smith: email: ICAC Head Coach Brad Smith: [bsmith@nhj.k12.in.us](mailto:bsmith@nhj.k12.in.us) or phone at 317-878-2136