



IMS/IMR Checklist

Short Course Season (September through March)



The first step in building a well-rounded swimmer at Delta Aquatics is IM Starting (IMS)—a development program designed specifically for 8 & under swimmers.

To complete IM Starting, swimmers must compete in a series of five events that introduce all four competitive strokes and the Individual Medley.

Once a swimmer successfully completes all IMS events before their 9th birthday, they will have built a strong foundation in all strokes and race formats, preparing them for the IM Ready (IMR) Challenge as they continue their swimming journey. Swimmers who complete IMS will receive a certificate of completion celebrating their achievement!

The next step in the IM Extreme (IMX) Challenge is IM Ready (or IMR). To get "IM Ready," swimmers compete in a series of five events at slightly longer distances. A swimmer must complete all of the events in their age group to have a score and receive a certificate of completion.

8&U

Use this chart to check off when you legally swim each event!

IMS (IM Starting)					IMR (IM Ready)				
50 Free	25 Back	25 Breast	25 Fly	100 IM	100 Free	50 Back	50 Breast	50 Fly	100 IM

