



IMR/IMX Checklist

Long Course Season (April through August)



The first 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 shorter distances.

The IM Extreme (or IMX) ranking includes a series of five or six events at longer distances. Once a swimmer completes the IMX program, they can find out where their IMX score ranks nationally, within their zone, within their LSC rank, and on Delta. A swimmer must complete all of the events in their age group to have a score and receive a certificate of completion.

10&U

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

IMR (IM Ready)					IMX (IM Xtreme)				
100 Free	50 Back	50 Breast	50 Fly	200 IM	200 Free	100 Back	100 Breast	100 Fly	200 IM

11-12

IMR (IM Ready)					IMX (IM Xtreme)				
200 Free	50 Back	50 Breast	50 Fly	200 IM	400 Free	100 Back	100 Breast	100 Fly	200 IM

13-18

IMR (IM Ready)					IMX (IM Xtreme)					
200 Free	100 Back	100 Breast	100 Fly	200 IM	400 Free	200 Back	200 Breast	200 Fly	200 IM	400 IM

