

## The IM Xtreme Challenge Q & A

Q: What is IM Xtreme?

A: The IM Xtreme Challenge (IMX) according to USA Swimming is “motivational program where swimmers are scored on their performances in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. By encouraging swimmers to swim a variety of events, we hope to avoid any tendency to specialize in narrow selection of events at a young age.”

In Short it is a program designed so swimmers are more well-rounded in the sport so they can have a greater chance of doing well in the long-run.

Q: How does it work?

A: Swimmers accumulate points in the IMX events at swim meets. Once a swimmer has obtained 1500 points, they have qualified for the IMX swim meet that is held once a year.

Q: What are the IMX events?

A: Each age group has its own set of events that swimmers must earn points in:

10 – Under: 200 Free, 100 Fly, 100 Back, 100 Breast, 200 IM

11 – 12: 500 Free, 100 Fly, 100 Back, 100 Breast, 200 IM

13 – 18: 500 Free, 200 Fly, 200 Back, 200 Breast, 200 IM, 400 IM

Q: How do the points work?

A: This can be a bit complicated. Points are relatively based on a swimmer’s age, gender, event, and times. A swimmer earns points every time they do a best time in an IMX event. Here is an example of two swimmers of different ages with the same time in the same event

Swimmer A	Swimmer B
Age: 11	Age: 12
Gender: Female	Gender: Female
Event: 100 Fly	Event: 100 Fly
Old Time: 1:30.56	Old Time: 1:30.56
Old Points: 133	Old Points: 58
New Time: 1:28.78	New Time: 1:28.78
New Points: 165	New Points: 85

So the new point total for each swimmers race replaces the old points. Once a swimmer earns a cumulative of 1500 point from the IMX races they qualify.

Q: Where and when is the meet?

A: The IMX meet is Mesa, Arizona, November 18 – 20, 2016

Q: What is the qualifying period?

A: The qualifying period starts September 1<sup>st</sup> of the previous year to the day of the meet. However, due to booking of the trip, the last meet to qualify will be the October 21 – 23 Lodi meet.

Q: How do the travel plans work?

A: The team books all of the flights, hotel room, and rental car for the meet and bills you later for your swimmers cost. We do it this way so everyone is on the same page and it makes logistics easier. We have two ways of paying for the trip: 1. pay up front or 2. Monthly payments that will come out of your swim team account.

Q: What if my swimmer qualifies but ages up before the meet can they still go?

A: Yes, once a swimmer qualifies they can swim at the meet. However, if a swimmer ages up from 10 to 11, or 12 to 13 they must compete in that age groups events at the meet.