

CCST IMX/IMR Program - Beginning with the 2021-22 season, CCST will begin an incentive system for swimmers based on USA Swimming's IM Xtreme and IM Ready programs. The program is designed to promote and reward versatility in age group swimming while advocating greater participation and development across a range of events. The goal is to develop versatile and well-rounded athletes while promoting long term success.

Swimmers establish a score in the IMR and IMX programs only by completing all of the events required for their age group in a sanctioned meet in a given season. Following are the events for each program for each given age group:

IM Ready (IMR)

10 and Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

11-12 year olds: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM

13 and Over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

IM Xtreme (IMX)

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

11-12 year olds: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

13 and Over: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

For each swim, swimmers score points based on the power point system developed by USA Swimming. Essentially, the faster the swim, the more points are scored. When all events for the program are completed, the swimmer will have a score that is the aggregate of all the swims. For a given season, the best times in each event are used to calculate the season score.

CCST will be giving out the following incentive awards at the Spring Banquet:

- All swimmers who complete the IMR or IMX events will receive a certificate from USA Swimming which shows their score (total and each event), National Rank, Zone Rank, LSC Rank, and Club Rank for their age.
- Bronze Level – Swimmers with an **IMX** score above 1500 will receive a special award in addition to their certificate
- Silver Level – Swimmers with an **IMX** score above 2500 will receive a special award in addition to the bronze award and their certificate
- Gold Level – Swimmers with an **IMX** score above 3500 will receive a special award in addition to the silver and bronze award and their certificate.