

# NCS IMX (IM Xtreme)

Held in January

IMX ([IM Xtreme](#)) swim events are a series of longer-distance races used in a [USA Swimming](#) program to promote

versatility and track a swimmer's progress across different strokes.

The IMX score is a cumulative total of "power points" earned in a set of five or six events, which vary by age group and are swum for an entire season

- **10 & Under:** 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- **11-12:** 400 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- **13-18:** 400 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

The top-20 athletes (male and female) ages 10, 11, 12 and 13 by IMX score are invited to attend the annual IMX CAMP to be held in January. Rankings are pulled on August 15<sup>th</sup> at the end of the long course season.

Those ranking 21-25 have been named as alternates and will be invited to fill any vacancies should any of the top-20 be unable to attend. IMX Camp registrations are usually posted on the website in late October to first of November.

