

XLR8 Your Points 2022.

Saturday 4th & Sunday 5th June 2022. Taupo AC Baths

Sat	Saturday - Session 1. Timed Finals.								
Warm up at 8.00 am with racing at 8.45 am.									
Swimmers can race up to 3 events in S1.									
1	400m Individual Medley. 13 & over								
2	50m	Freestyle.							
3	200m	Backstroke.	One only.						
4	200m	Butterfly.	One only.						
5	200m	Breaststroke.	One only.						
6	50m	Backstroke.							

Sat	Saturday - Session 2. Timed Finals.									
Warm up at 3.00 pm with racing at 3.45 pm.										
Swi	Swimmers can race up to 3 events in S2.									
7	100m	Freestyle.								
8	100m	Individual Medley.								
9	100m	Butterfly.								
10	50m	Breaststroke.								
11	400m	Freestyle.	12 & over.							

Sun	Sunday - Session 3. Timed Finals.							
Warm up at 7.30 am with racing at 8.15 am.								
Swimmers can race up to 3 events in S3.								
12	100m	Breaststroke.						
13	200m	Freestyle.						
14	50m	Butterfly						
15	100m	Backstroke.						
16	200m	Individual Medley.						

Sunday - Session 4. Session time TBC Swimmers can only race 1 event in S4.								
17	800m	Freestyle	12 & over.					
18	1500	Freestyle	13 & over					

Conditions of Entry.

1. Electronic Timing will be used. Meet to be swum under SNZ/Fina rules and local Rules with local rules prevailing.

2. Restriction – Limited to 350 swimmers. Swimmers may only race one 200 back, breast or fly. Swimmers may only race one of 800 and 1500 freestyle. 400 Freestyle 12 and over. 400 IM and 1500 13 and over.

3. Online entries via the Swim NZ Database. **Entries will close at 350 swimmers.** Entry Fees: \$9.00 per event. Any correspondence to tauposwimclubrecorder@gmail.com

4. Clubs are asked to supply 1 official per 4 swimmers, please notify officials to Jan Pook. (janpook4@gmail.com)

5. Admission Fees: Swimmers and officials are free. Spectators - \$2.00 which can be paid at main entry.

6. Self-Marshalling will be used.

8. Protests - Must be lodged under SNZ Rules on the SNZ Protest Forms by the team manager with the correct fee of \$50.

9. XLR8 points information can be found at on the following page

10. No times will be an exhibition swim only.

11. Covid protocols will be activated in line with the traffic light designation at the time of the meet. These will be communicated prior to the meet.

PLEASE NOTE TO WIN YOUR OVERALL AGE GROUP YOU MUST DO THE XLR8 SWIMS AS SHOWN ON THE SWIM NZ WEBSITE.

XLR8 Points Overall Age Group Medal winners based on SNZ XLR8 points system and FINA points for 15 and over. Please note 15 and over swimmers must still swim the XLR8 swim combinations to be eligible to win their age group.

XLR8 Points Overall Age Group Medals - 1st, 2nd, 3rd and will be mailed out.

Age Group Medals for 1st, 2nd and 3rd in each event.

Age groups 9/under, 10,11,12,13,14,15,16/over.

XLR8: SWIM FASTER, FASTER!



Maximising your XLR8 point score:

Racing a range of events is recommended as the XLR8 programme chooses your **best 4 scoring races** automatically and gives you the maximum point combination possible.

The four event combination is be made up from:

- 1. One DISTANCE freestyle event the distance varies with age.
- 2. One INDIVIDUAL MEDLEY event the distance varies with age.
- 3. One 200m FORM event 200m Backstroke, Breaststroke or Butterfly.

4. One OTHER event - the next best event, not used in events 1, 2 or 3.

All four events must be different

	Freestyle				Backstroke		Breaststroke		Butterfly		Ind. Medley							
Age	50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	100	200	400
10/u	•	•	•	•			•	•	•	•	•	٠	•	•	٠	•	•	
11	•	•	•	•			•	•	•	•	•	•	•	•	•	•	•	•
12	•	•	•	•	•		•	•	•	•	•	•	•	•	•	•	•	•
13 - 14	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•