



BSC & TSC Get XLR8'd

Meet 1 - Saturday 15th June 2019
Stadium 2000, Blenheim

Meet 2 - Saturday 20th July 2019
Richmond Aquatic Centre, Richmond



Meet 1 - Saturday 15th June 2019 - warm up 2.15pm - Start 3:00pm

Meet 2 - Saturday 20th July 2019 - warm up 2:15pm - Start 3:00pm

Entry fee: \$6.50 per event.

Entry Deadline: Meet 1 – Sunday 9th June 2019 at 23:59pm.
Meet 2 – Sunday 14th July 2019 at 23.59pm.
Late entries will not be accepted.

Entry Process:

All entries must be submitted via the SNZ National Database. Swimmers will be able to access and complete their entries online via their MyPage.

Payment must be received prior to the meet, either through online payment (if entries are from individuals) or via internet banking if entries are completed by a Club Administrator.

Timekeepers and Officials please fill in the Google Form that will be circulated prior to the meet.

- The meets are Short Course (SC) swum in a 6 or 8 lane pool using automatic timing.
- Over the top starts will be used for this meet.
- There are no qualifying times for these meets and No Times are acceptable.
- All events swum as timed finals.
- Swimming New Zealand Technical Rules apply.
- Feet first entry into the pool for all backstroke events, no swim back.
- **Warm Up** as per Swimming Nelson Marlborough warm-up procedure guidelines.
- Refunds for scratching will only be made if accompanied by a medical certificate. **Late withdrawals will incur a \$10 fine.**
- **AWARDS:** Once both meets have been raced and points have been confirmed we will award a prize to the female and male swimmers with the highest XLR8 score across the two meets in the following age groups: 10 and under, 11 & 12, 13 & 14, 15 and Over – (15 and over would be based on FINA Points). **To win the awards the swimmers must participate in both meets.** They must also have swum in a distance Freestyle event, an IM, a 200 Backstroke, Breaststroke or Butterfly event and any other event to achieve the four event combination of age appropriate events as defined by XLR8 – see below. Prizes will be sent out to the swimmers club.

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

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

Programme of Events

XLR8 Meet 1 – 15 th June 2019	Stadium 2000 – Blenheim
1. 400m Freestyle	7. 50m Butterfly
2. 100m Individual Medley	8. 200m Individual Medley
3. 50m Backstroke	9. 50m Breaststroke
4. 200m Butterfly	10. 100m Backstroke
5. 50m Freestyle	11. 800m Freestyle
6. 100m Breaststroke	

XLR8 Meet 2 – 20 th July 2019	Richmond Aquatic Centre
12. 400m Individual Medley	18. 50m Breaststroke
13. 100m Freestyle	19. 200m Backstroke
14. 50m Backstroke	20. 50m Freestyle
15. 200m Breaststroke	21. 100m Butterfly
16. 50m Butterfly	22. 1500m Freestyle
17. 200m Freestyle	