



XLR8 Your Points 2018.

Saturday 9th & Sunday 10th June 2018.

ALL RACES ARE TIMED FINALS.

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	

Saturday - Session 2. Timed Finals.

Warm up at 4.00 pm with racing at 4.45 pm.

Swimmers can race up to 3 events in S2.

7	100m	Freestyle.	
8	100m	Individual Medley	
9	100m	Butterfly	
10	50	Breaststroke	
11	400m	Freestyle	13 & over

Sunday - Session 3. Timed Finals.

Warm up at 8.00 am with racing at 8.45 am.

Swimmers can race up to 3 events in S3.

12	100	Breaststroke	
13	200m	Freestyle	
14	50m	Butterfly.	
15	100m	Backstroke	
16	200	Individual Medley	

Sunday - Session 4. Session time TBC.

Swimmers can only race 1 event in S4.

17	800m	Freestyle.	
18	1500m	Freestyle.	13 & over

Conditions of Entry.

Session Times may be adjusted after close of entries.

1. Electronic Timing will be used. Meet to be swum under SNZ/Fina rules.

2. **Restrictions – 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, 1500 Freestyle and 400 IM 13 and over only.**

3. Online entries via the Swim NZ Database. Entries will close on Friday the 1st of June at 10.00 pm. Entry Fees: \$9.00 per event. **No Times will not be accepted.**

4. Clubs are asked to supply 1 official per 4 swimmers, please notify officials to Jan Pook. sandj@reap.org.nz

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

7. 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 Swimming New Zealand Website under the High Performance tab...Athlete Information...XLR8 Programme.

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

Cash Prizes for age group 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.

Age Group Cash Prizes - 1st - \$50, 2nd - \$30, 3rd - \$20. (Prize money will be internet banked back to clubs for distribution)

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

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