



Saturday 10th & Sunday 11th June 2017.

Please note change in format from previous year with finals now raced on both days.

XLR8 Your Points 2017.

Saturday - Session 1. Heats and Timed Finals.
Warm up at 9.00 am with racing at 9.45 am.

1	400m	Individual Medley.	T/F.
2	50 m	Freestyle.	Heat.
3	200m	Backstroke.	T/F.
4	50 m	Breaststroke.	Heat.
5	200m	Butterfly	T/F.
6	100m	Individual Medley.	Heat.
7	200m	Breaststroke.	T/F.
8	100m	Backstroke.	Heat.

Saturday - Session 2. Finals and T/F.
Warm up at 4.00 pm with racing at 4.45 pm.

9	800m	Freestyle.	T/F.
2	50m	Freestyle.	Final.
4	50m	Breaststroke.	Final.
10	200m	Freestyle.	T/F.
6	100	Individual Medley	Final.
8	100	Backstroke	Final.

Sunday - Session 3. Heats and T/F.
Warm up at 8.00 am with racing at 8.45 am.

11	400m	Freestyle.	T/F.
12	100m	Butterfly.	Heat.
13	50m	Backstroke.	Heat.
14	100m	Breaststroke.	Heat.
15	50	Butterfly	Heat.
16	100	Freestyle	Heat.

Sunday - Session 4. Finals and T/F.
Session times to be advised.

12	100m	Butterfly	Final.
13	50	Backstroke	Final.
17	200	Individual Medley	T/F.
14	100	Breaststroke	Final.
15	50	Fly	Final.
16	100	Freestyle	Final.
18	1500m	Freestyle	T/F.

Conditions of Entry.

1. Electronic Timing will be used. Meet to be swum under SNZ/Fina rules.
2. Timed Finals for 200 back, breast, free, fly, IM, 400 free and IM, 800 and 1500 free. **Swimmers may only race one 200 back, breast or fly.**
3. Online entries via the Swim NZ Database. Entries will close on Monday the 5th of June at 10.00 pm. Entry Fees: \$8.50 per event. Any correspondence to Janet Bishop at tauposwimclubrecorder@gmail.com
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.
6. Scratching - **Heats**. A swimmer who fails to take blocks is deemed to have withdrawn. **Scratching from a final will cost \$10** and must be submitted within 30 minutes of results being posted with money.
7. Self-Marshalling will be used in sessions 1 and 3. There will be marshalling for sessions 2 and 4.
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 [http://swimming.org.nz/visageimages/High%20Performance/Development%20Programme/XLR8%20Programme%20Info%202014%20\(ID%2061676\).pdf](http://swimming.org.nz/visageimages/High%20Performance/Development%20Programme/XLR8%20Programme%20Info%202014%20(ID%2061676).pdf)

PLEASE NOTE TO WIN YOUR AGE GROUP YOU MUST DO THE XLR8 SWIMS AS SHOWN IN THE ABOVE LINK.

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.

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

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