



TSC XLR8 Meet

Meet 1 - Saturday 14th May 2022

Meet 2 – Saturday 11th June 2022

Richmond Aquatic Centre, Richmond

Warm Up 2.15pm - Start 3.00pm

At any time that the SNM Region is at a Covid alert level that allows a swimming meet to proceed, any attendee, (e.g., swimmer, technical official, parent or relative etc) who in the days preceding the swim meet has a Covid test, and has not received a negative test result, shall be excluded from the competition (and venue) until such time as they receive the negative test result. Should the venue for the swim meet have stricter conditions to the SNM policy the venue's policy shall take precedence.

Entry fee: \$6.50 per event.

Entry Deadline: meet 1 - Sunday 8th May 2022 at 11.59pm.
meet 2 - Sunday 5th June 2022 at 11.59pm. Late entries will not be accepted.

Entry Process:

All entries must be submitted via Fast Lane or the SNZ National Database.

Helpers:

This meet is a development meet and as such we will only require time keepers, a Referee and Starter so please fill in the Google Form via this [link](#) asap.

- The meet is a Short Course (SC) meet swum in an 8 lane pool using automatic timing.
- Over the top starts will be used for this meet.
- There are no qualifying times for this meet and No Times are acceptable.
- All events swum as timed finals.
- Organiser reserves the right to amend the programme.
- Swimming New Zealand Technical Rules apply.
- Swimmers 12years and under shall not compete in a technical swim suit. A technical swim suit is one that has bonded seams, kinetic tape or meshed seams - [SNM Technical Swimsuit Policy](#)
- 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 prior to the meet. **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 – 14 th May 2022	Richmond Aquatic Centre
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 – 11 th June 2022	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	