SNZ is launching an exciting new programme – **XLR8; swim faster, faster!** – a motivational programme where swimmers score points and are ranked nationally on their performances across a combination of events. The programme recognizes versatility and all-round ability and is designed to reward the correct application of processes necessary for long-term athlete development as well as promoting increased inter- and intra-club competition and rivalry.

Each competitive swim scores points which are accumulated across a range of four different events. Swimmers are then ranked by their total points across all four events. 25m performances are currently converted to 50m using standard SNZ conversion factors. Bi-monthly and annual rankings will be displayed on www.swimmingnz.org.nz with awards given to swimmers and clubs attaining specified rankings. The four event combination is made up from:

1. One distance freestyle – the distance varies with age; see chart.
2. One individual medley – the distance varies with age; see chart.
3. *and* 4. Two *other* events (not ones used in 1 or 2), at least one of which must be a 'form' stroke (backstroke, breaststroke or butterfly) and at least one of which must be a 200m event (any stroke).

Eligible events for each age group are:

Event 1

	"Distance" freestyle					
Age	50	100	200	400	800	1,500
10/u			●	●		
11		●		●		
12				●	●	
13				●	●	●
14				●	●	●
15				●	●	●
Open				●	●	●

Event 2

Individual medley		
100	200	400
	●	
	●	●
	●	●
	●	●
	●	●
	●	●
	●	●

Events 3 & 4

At least one of these 'form' stroke events

	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	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●
15	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●
Open	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●

At least one of these 200m events

Awards
Bi-monthly awards will be made to the top male and top female in each of the eight age category and annual awards for the top three in each age category plus any other swimmer scoring over 4,000 points. The first awards will be made in March after the January-February rankings are published and details of awardees will be published on the Swimming New Zealand website. During each two-monthly period ongoing rankings will be available but labeled "not complete". Top Club awards will be calculated annually scoring the best five swimmers (male or female or combination) in the following three categories - 12 and under, 13-15, Open.

Results can be seen at **search option 4** in the **NEW ZEALAND MEET RESULTS DATABASE** link after you have logged onto www.takeyourmarks.com. Age is as on the first day of the meet and meets count in the month they start, i.e. a meet running from Friday 30 June to Sunday 2 July 2006 will count in the May-June rankings. Clubs are asked to upload their results to www.takeyourmarks.com within 7 days of the last day of the meet or risk the results being excluded from that period's rankings. Because the cut is age on the first day of the meet swimmers will appear in two age categories during any one calendar year; their performances, however, will be age-specific, i.e. swims as an 11 year old count only towards the 11 year ranking – they do not carry over to the 12 year category. For annual rankings swimmers can appear and win awards in two age categories but for Top Club awards only the highest scoring category for each swimmer will count.

Eligible competitions
Performances from any competition meeting SNZ regulations for National Championships entry are eligible for inclusion on the rankings.

Age group camp selections
This points scoring system will be used to assist in selection of the SNZ Tri-series Age Group Development camps. The two highest scoring events of each swimmer at the 2006 NZ Age Group or Youth & Open Championships will count for 2006 selection. Only one 50m event will be allowed for scoring purposes for each swimmer. In future years it is planned to use the four-event combination as the criteria for these camps.

The nine top scoring male and female swimmers in each of the 13, 14, 15 and 16 year age (taken from the 16 and over rankings) groups (total 72 swimmers) will be split into three equal squads. As the camps are targeted at 2007 Tri-series performances the age-up date will be 30 June 200**7**. Camp 1 for each group will be in May/June 2006, camp 2 in October 2006 and camp 3 in January 2007. Additional swimmers may be added as Wild Cards or may swim themselves into the Camps post-selection by attaining a performance in excess of the 4th ranked swimmer in their age group.

SNZ Annuals
Annual ranking tables will be produced listing **XLR8** rankings and single event age group rankings for the year, together with Open all-time rankings. A printed points table will also available enabling swimmers and coaches to immediately look up the points value of any swim.

Points calculations

Points are calculated by comparing each performance with the average of the best ten NZ National Championship swims since 1995 in each event and age group (the base time). This base time is worth 1,000 points with slower times scoring less than 1,000 and faster times scoring more. A logarithmic scale is used with twice the base time worth 100 points. The base time will be recalculated at the end of each calendar year taking into account swims from that year.

Example:

Female 11 years 100 Fly					
Rank	Time	Swimmer	Club	Date	Competition
1	1:12.35	Ashley, Emma	QESCB	5/03/2002	2002 NZ Age Groups
2	1:13.00	Denton, Luisa	MANCO	15/02/1997	1997 NZ Juniors
3	1:13.23	Cook, Diana	AQGCB	18/02/1995	1995 NZ Age Groups
4	1:13.32	Buchanan, Jenna	KWIMW	19/02/2005	2005 NZ Juniors
5	1:13.45	Smith, Sasha	CSLSL	8/02/2003	2003 NZ Juniors
6	1:13.52	Koni, Danielle	WAQAK	21/02/2004	2004 NZ Juniors
7	1:14.09	Walker, Samantha	AQGCB	9/02/2002	2002 NZ Juniors
8	1:14.38	Baker, Courtney	CTNWP	9/04/2000	2000 NZ Division 2
9	1:14.76	Jackson, Brooke	PARAK	13/02/1999	1999 NZ Juniors
10	1:14.78	Harris, Laura	SUNHP	2/03/2003	2003 NZ Age Groups

AVERAGE   1:13.69   *Source: Geoff Siburn*

The average time of 1:13.69 is the base time for 11 year girls 100m butterfly and is allocated 1,000 points. Any swims faster than that are worth more than 1,000 and any swims slower are worth less. E.g. The same system is used for all events and all age groups. In some events there is not enough data from National Championships (even back to 1995) to produce a ten-deep list:

- Male 12 years 800 Freestyle – 0 times
- Female 10/u 200 Butterfly – 3 times
- Male 13 years 800 Freestyle – 3 times
- Male 10/u 400 Freestyle – 3 times
- Female 10/u 400 Freestyle – 4 times
- Male 10/u 200 Butterfly – 6 times
- Female 13 years 1,500 Freestyle – 7 times

For these events only data from *all meets* submitted to takeyourmarks.com has been combined to produce the 1,000 point standard. Reliable data is only available back to 2002 for non-NZ Championship events so this method has only been used where reliable historical data back to 1995 is unavailable. NZ Championships results have been prioritised over non-Championship results even if they are slower and where a swimmer is listed in National Championships results but has a faster "other" result the NZ result is used.

XLR8 results

This example of a four-event total is from year-end results for 2005:

Female - 11 yrs

1	Buchanan, Jenna K	KWIBJK300693	**3974**
2	Parnell, Hannah L	GDLPHL160893	**3949**
3	Marston, Jessica L	ONWMJL310793	**3903**
4	Bennington, Stephanie F	CAPBSM031193	**3882**
5	Marston, Jessica L	WAQMJL310793	**3835**
6	Danvers, Rachel M	NAQDRM050893	**3727**
7	Cheung, Agnes	TSWCAZ130493	**3709**
8	Karalus, India M	IGWKIM060493	**3658**
9	Burn, Danica Z	GDLBDZ050893	**3632**
10	Eglinton, Charlotte M	GREECM030494	**3630**

Requesting more detail on the **3974** points score for Jenna Buchanan shows the following detail:

Name:	Buchanan, Jenna K
Registration:	KWIBJK300693
XLR8 Total:	3974

DISTANCE event:	400m free
Time:	5:04.88
XLR8:	950
Meet:	Winter League 2 25m SC
Date:	2005-05-22

MEDLEY event:	200m medley
Time:	2:42.43
XLR8:	981
Meet:	NZ Junior Championships 50m LC
Date:	2005-02-19

FORM 1 event:	200m back
Time:	2:32.38
XLR8:	1031
Meet:	Winter League 3 25m SC
Date:	2005-05-29

FORM 2 event:	100m fly
Time:	1:13.32
XLR8:	1012
Meet:	NZ Junior Championships 50m LC
Date:	2005-02-19