XLR8:
SWIM FASTER, FASTER!

Overview

XLR8 is a motivational programme developed by Swimming New Zealand where swimmers score points across a combination of events and are ranked nationally on their performances. The programme recognizes **versatility** and **all-round** ability, rewarding correct application of the processes necessary for **long term athlete development**.

This document is designed to inform you - the coach, parent or swimmer about the benefits of the XLR8 programme and help to answer some common questions. More detailed information can be found at our partner site: www.takeyourmarks.com. Here you will also be able to see national rankings, club rankings, keep track of your own XLR8 points and much more.

There have been some changes to the XLR8 programme which have come into effect 1st Oct 2009.

Why XLR8?

The initial (and ultimate) method of gauging progress for a swimmer is the **times they swim** for an individual event. To maximise long term athlete development we believe it is better to reward swimmers aged 14 and under by their versatility and all round ability, rather than performance in a single event.

The **XLR8 programme** was developed to rank and track swimmers over **four events** rather than just one. In addition to the personal benefits of training and racing a variety of strokes and distances Swimming New Zealand use XLR8 point rankings to select swimmers for the three annual Regional Age Group Development Camps (13 and 14 year olds) and Regional Junior Development Camps (11 and 12 year olds). Also, every two months Swimming New Zealand award the top male and female swimmer of each age group (10 and under, 11, 12, 13, 14) with an XLR8 swimming cap.

Click here to see previous XLR8 award winners

How to get yourself on the XLR8 programme:

1. Ensure you are a registered, competitive swimmer with a SNZ registered swimming club; click here to find clubs in your region.
2. Swim the 4 event combination required for an XLR8 score (see below).
3. After the swim meet, the meet administrator will send the meet results to Take Your Marks to be loaded into the NZ meet results database. XLR8 points are calculated and rankings are compiled. 25m performances are converted to 50m using standard SNZ conversion factors.
4. Check www.takeyourmarks.com to see all XLR8 rankings and track your progress.

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Maximising your XLR8 point score:

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

Examples of XLR8 point rankings

Use XLR8 point scores as you would use a Personal Best, aim to better your PB by scoring more points than before.

Compare the XLR8 results below with the swimmers' gender, age and event combination:

		Time
Event		**XLR8 points**

Example 1	A: Female, 10		B: Male, 11	
DISTANCE event:	200FR	3:27.51 **421**	200FR	2:43.65 **685**
MEDLEY Event:	200IM	3:46.10 **481**	400IM	7:42.35 **502**
200m FORM:	200BK	3:27.23 **558**	200BR	3:44.43 **555**
OTHER:	50FLY	41.71 **628**	50FLY	38.74 **628**
Total XLR8		**2088**		**2370**

Swimmers A and B have swum many different events. Their best 4 events are shown with the highest XLR8 point combination possible.

Individual event times are converted to an XLR8 point score on Take Your Marks. The total is added up to give a final XLR8 score

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Example 2	C: Female, 12		D: Male, 14	
DISTANCE event:	400FR	5:28.34 **685**	1500FR	19:15.76 **707**
MEDLEY Event:	200IM	3:06.23 **599**	400IM	6:01.39 **550**
200m FORM:	200BR	3:20.11 **647**	200FLY	2:33.17 **679**
OTHER:	100FR	1:11.25 **722**	800FR	10:12.88 **715**
Total XLR8		**2651**		**2651**

> Even though swimmer C and D differ in age, gender and best four events, the total XLR8 point score is the same
>
> XLR8 point scores are scaled by age, event and gender
>
> SNZ use the total XLR8 score for camp selection, rather than individual event scores

Moving up an age group or changing clubs

The XLR8 rankings are based on your SNZ registration, not your name. This means if you change club (which changes your registration), you will need to re-race the 4 event combination to remain current.

Also be sure to race as soon as you can after you move up an age as your XLR8 point rankings only exist for the races you swim in your age group.

XLR8 rankings by Age at meet/Year of birth

XLR8 swimmer rankings are displayed on the [Take Your Marks website](#) in two different categories: "Age at Meet" and "Year of Birth".

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XLR8 Rankings by Age Group - AGE AT MEET

XLR8 Rankings by Age Group - YEAR OF BIRTH

XLR8 Results by Club - AGE AT MEET

XLR8 Results by Club - YEAR OF BIRTH

XLR8 Rankings for an individual meet

XLR8 Club Awards

Points calculator

Frequently Asked Questions (FAQ)

Age at Meet displays XLR8 point rankings scored from the events swum at that age. Age at Meet rankings are best used when comparing points swum at that particular age. Swimmers may appear in two categories if they have moved up an age group, but the XLR8 scores they swum at the age below will remain the same.

Year of Birth displays XLR8 point rankings by a swimmers' birth year. This means swimmers will only appear once per category and will always be listed in that year (e.g. swimmers born in 1997 will always been in 1997). This ranking is used for selection of SNZ camps and international age group (14 and under) meets.

Year of Birth rankings should be used as your standard measure to gauge progress as all international youth swim meets (17 and under) use Year of Birth to determine groupings.

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XLR8 to Excellence
-Moving from XLR8 point scoring to FINA point scoring

When a swimmer turns 15 they should adapt to using **FINA point scoring** instead of XLR8. Not only does SNZ use FINA point scores to select **national** development camps and teams, it is more focused on performance in individual events. FINA point scoring is an international scoring system whereas XLR8 points are scaled for the age group and used only within NZ.

> To measure a swimmers' progress, SNZ recommends:
>
> Using **XLR8** point scoring for swimmers aged **10-14**
>
> Using **FINA** point scoring for swimmers aged **15 and over**

FINA point scoring assigns point values to **individual** swimming performances. This allows an equal comparison among swimmers' different events regardless of their event or age. In brief, the faster you swim the higher your FINA point score!

Example of FINA Point Scoring:

Example 3	A: Female		B: Male	
Event	100FLY (LC)	1:05.07 **680**	100FLY (SC)	0:57.09 **680**
Example 4	**C: Female**		**D: Male**	
Event	200IM (LC)	2:27.75 **680**	100FLY (SC)	1:04.16 **479**

Although gender and times are different in example 3, the same FINA point score is recorded. This is because there is a different scoring table for males and females.

Short Course (SC) and Long Course (LC) times are not converted in FINA point scoring- there are individual tables for each.

Links:

[Swimming New Zealand](#)
[SNZ Youth and Age Development Pathway](#)
[Take Your Marks](#)
[FINA](#)
[SNZ Parent Handbook](#)

Queries, contact:

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