



Race Night

DATE Friday 13th October
LOCATION Waterworld – Te Rapa Hamilton
WARM UP 5.00 pm
RACING 5.30 pm

OCTOBER RACE NIGHT PROGRAM – FRIDAY THE 13th THEME

Entries Close: **11.59pm Tuesday 10th October 2023**
 All Enquiries – recorder@hamiltonaquatics.nz

Event #	Event	XLR8 / Juniors to enter	Open / Age events
1	200m Free	XLR8 = 11 years and under	Recommended
2	400m Free	XLR8 = 12-14 years	
3	50m Free	Otters, Sharks and LTS	
4	200m IM	14 years and under	Recommended
5	25m Back	Otters, Sharks and LTS	
6	200m Fly	XLR8 = Choose 1 of the 200s	Choose 1 of the 200s
7	200m Back	XLR8 = Choose 1 of the 200s	Choose 1 of the 200s
8	200m Brs	XLR8 = Choose 1 of the 200s	Choose 1 of the 200s
9	25m Brs	Otters, Sharks and LTS	
10	100m IM	Optional for all swimmers	Optional
XLR8 program participation is highly recommended for all Seals, Dolphins and JD swimmers!			

Friday 13th Theme

Please come along in your spookiest swimming attire for Friday the 13th.

XLR8 Program Focus

Swimming Waikato runs the XLR8 program to aid long term swimmer development and this is something all our junior swimmers should be aware of and trying to improve their point score. XLR8 promotes well rounded athletes who can swim a variety of events. Your XLR8 score is made up of scoring across 4 events, a distance free and IM (distance dependant upon age), a 200m non-free event and an optional event. This Splash Night gives our swimmers a chance to get on the XLR8 ladder. For more information, please see [Junior XLR8 Program - Swimming Waikato](#)

Learn to Swim swimmers

For swimmers who are part of a Learn to Swim Program either Hamilton Aquatics or other who do not have a current club membership we would love you to come along and have a go at some racing. Please send the following information to recorder@hamiltonaquatics.nz so we can manually enter you. (Name, DOB, Swim school/club you belong to, and the events you would like to swim)

The ethos of Hamilton Aquatics Race Night

Race night is a friendly, fun & inclusive environment for swimmers to get their first taste of competition. In addition, it provides the first opportunity for swimmers to gain times to enter future swim meets and allows our coaches' a chance to watch their technique and skills. All ages and levels are encouraged to enter a range of strokes and distances.

The night will run like a 'normal swim meet' as possible, for our less experienced athletes to understand meet procedures, officials, rules, whistle meanings, marshalling and swim protocol. Furthermore, it allows new parents to understand the procedures, Meet Conditions of Entry (as below), meet other parents and get fully immersed in the swimming culture!

Meet Conditions of Entry:

- Right to compete at this meet: All swimmers must be Hamilton Aquatics Registered and Financial. Invited other clubs &/or groups only.
- *Entry Process:* SNZ Competitive | Club | LTS - Entries to be submitted online through Fastlane via the Swimming New Zealand National database. Non-SNZ swimmers or Swimmer's part of Learn to Swim program - Email their entries directly to recorder@hamiltonaquatics.nz.
- Refunds: No Refunds will not be given unless the Recorder is notified by email prior to the start of Meet. All refunds will be at the discretion of the technical director.
- Entries Close 11.59pm Tuesday 10th October 2023
- Entry fee: \$3.00 per event.
- All events are swum as Mixed Graded Scratch.
- Swimmers with No Times (NT) will be seeded with their own age group.
- All swimmers please check preliminary Psych sheets. Psych sheets will be sent to all club members to ensure all data has been uploaded correctly. No amendments will be made after final Psych sheets have been posted.
- The meet will be conducted with several qualified and training officials, run as close as possible to a regular swim meet, for learning for swimmer's officials and parents of SNZ meet competition rules.
- Parent volunteer help is required to be able to run the meet, please come along and get involved, meet other parents, and try out in different official roles. This is a learning experience for all.
- Participants who have entered this meet agree to allow photographs, video, multimedia, or film likeness taken by accredited photographers to be used for any legitimate purpose by Hamilton Aquatics Inc. If you have requested your child, not be photographed, please let us know and we will ensure it does not happen.

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