MASTERS SWIMMING
‘ENDURANCE 1000’
PROGRAM Overview

What is it?

• ‘Endurance 1000’ (originally called the ‘Aerobics Program’ was introduced into Australia in the 1980’s to encourage Masters swimmers to improve fitness and endurance. In NSW/ACT, there is generally around 20 clubs that participate in this program each year, with between 200–300 swimmers submitting swims.

• The program consists of a number of swims of various distances and all strokes. Participants may swim only one, or all, of the stipulated set of swims. (Refer to the table below). The distances that may be swum start at 400m and the longest swim is the number of laps a person can complete in a one-hour time period. For distance swims, the final distance recorded is the closest completed 25m. Swims may be completed in a 25m or 50m pool.

• An aerobic year is from 1 January to 31 December.

Types of Swims

• A summary of swims available appears on the next page. The table shows the number of times each swim must be completed in any aerobic year if maximum swims are attempted.

Note: the five swims for each 400m and 800m must be completed in different months. (eg must swim a 400m freestyle in 5 different months.) The 1500m and the 30, 45, and 60 minute swims, may be completed at any time.
Table shows the number of times each swim must be completed in the year if maximum swims are attempted.

### What Swims are Counted?

Swims that may be submitted for the Endurance 1000 Trophy and Awards, may be undertaken at a:

- Carnival (in which case these swim times are automatically uploaded by the National Recorder. There is no need to manually enter these into the system)
- or
- Club meet / training session, provided that the swims are witnessed and times / distance swum are recorded (for later verification if required)

### How are my Swims Submitted to the Endurance 1000 Program?

1. **Swimmers** should submit to their Club Endurance 1000 Recorder, all their endurance swims *not* swum at a Masters Meet. (Evidence should be provided, such as the relevant recording forms that have been signed by the timekeeper.)

2. **Club Endurance 1000 Recorders** then enter all their club members’ swims into the e1000 system - [http://e1000.mastersswimming.org.au/](http://e1000.mastersswimming.org.au/) (Click on ‘Administration at the bottom of the page)

3. At the end of year, **the Branch Endurance 1000 Recorder** compiles an aggregated report of every NSW/ACT club’s submitted swims. This is made available on the web and to the National Recorder.

### What Forms are Available to Record Endurance 1000 Swims?

Individual and summary Swim Recording forms are available from your Club Recorder or the National web page


(A link is available from the NSW web page [http://www.aussimastswimnsw.org.au/](http://www.aussimastswimnsw.org.au/) under Programs tab.)

Completed forms (with a record of split times) and signed by timekeeper, should be forwarded to your Club’s Endurance 1000 Recorder for entry into the system on the web. Information that must be included on the forms: swimmer’s full name, membership number, date of swim, club code, pool length (25m or 50m), event (eg 400m Backstroke or 30 minute swim), time swum or distance achieved (to the closest completed 25m)
Entering Swims into the Endurance 1000 system on the web if you are the Club Recorder
http://e1000.mastersswimming.org.au/ (Select ‘Administration’)

Each Club’s Endurance 1000 Recorder may enter their member’s swims directly into the
system using their logon-id and password (issued by the Branch Recorder). The club must be
registered with NSW Masters and the member must be financial before endurance swims
can be entered.

Endurance 1000 Points System and Awards

Points are awarded to swimmers for each swim completed - based on gender, age and time
taken to finish swim. (Point allocation is determined by the National body and may be found
on the National web page www.mastersswimming.org.au – On the options bar, select:
‘Programs’ → ‘Endurance 1000’, then Scroll down to review an overview of the Points
System and the ‘Age Group Times’ via direct link:

Note: The National Awards are:

- Vorgee Endurance 1000 Champion for the Australian club with the most points
  accrued.
- Vorgee Endurance 1000 Award for the club with the highest average points per
  swimmer.

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BRANCH AWARDS: (NSW/ACT)

i) Club Perpetual Trophies:

   Maximum Points Trophy
   Awarded to the club with the highest number of points achieved.
   (Points achieved by individual club swimmers are accrued.)

   Highest Average Club Points Trophy
   Awarded to the club that has achieved the highest average points.
   (Points achieved by individual club swimmers are accrued and then divided by the
total number of financial members of the club.)

   Highest Club Participation Rate
   The club that achieves the ‘highest participation rate’ is also acknowledged in the
Annual Aerobics Report. (Number of participants / number of financial members.)

ii) Individual Awards:

   Maximum Points or Maximum Swims achieved by individuals:
   Swimmers who swim all events or achieve maximum points receive an award.

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Can My Endurance 1000 Swims be Eligible for a Record or Top 10?

Records:
- Records may not be set for endurance swims unless undertaken at an officiated carnival.

Top 10:
- Endurance swims will automatically be available to the Top 10 Recorder via the e1000 system.
- Split times will also be automatically available for Top 10 if they have been entered as splits within the e1000 system.

There is no need to manually send endurance or split times to the Top 10 Recorder.

To encourage participation in the Endurance 1000 Program, several tips and suggestions are as follows:
- Seek out a club member(s) who is enthusiastic about endurance swims to help organise activities and promote participation.
- Clubs may allocate a specific part of their training schedule / program to be dedicated to endurance swims; for example, a regular schedule which includes a nominated training session or portion of it to be allocated for endurance swims.
- If swimmers are generally allocated to the same lane each training session, have one lane do an endurance swim one week and then the next week, swap over with another lane of swimmers. This would work best if endurance swims are kept to the shorter distances, so that the training session is not interrupted too much. Remember – just a single 400m swum may be submitted for inclusion in to the Endurance 1000 Program.
- Organising an annual ‘swimathon’ to raise money for a designated charity, while at the same time, recording endurance swims.
- Encourage participation by also recording endurance swim distances which may contribute towards achievement of the “Vorgee Million Metre Awards”.
- Provide an ‘Endurance 1000 Starter Pack’ – include an information sheet on the program, recording forms, schedule of club’s endurance days / session times / activities etc.
- Remember a timekeeper needs to count all laps, record split times and sign the swimmer’s individual form. For fairness, take turns to time-keep and swim.
- Several clubs have designed fun ways to increase the involvement in endurance swims, such as:
  - Adding up the distances swum by members doing endurance swims and plotting a course along one of the major rivers. When a certain point is reached, the club has a social outing.
  - Get together with another club or two and have a ‘quirky’ competition trophy for the club who swims the most endurance events.
  - Create your own Club Endurance award for your members.
Other Questions Answered

• **Distance butterfly aerobic swims:** Swimmers are allowed to undertake 2 breaststroke kicks per 1 arm stroke for butterfly distances over 200m.

• **Resting:** Swimmers may pause for a break at pool ends provided they do not push off or walk on the pool floor and their rest time is accrued (ie clock keeps running).

• **How does ‘second claim’ affect endurance swims / club points?** All Endurance 1000 points are awarded to your first claim club.

Any comments and suggestions are welcome – please direct to the Branch Endurance 1000 Recorder: e1000@mastersswimmingnsw.org.au

Access to e1000 system for Club recorders:
Directly onto the Administration Login Page:

Access via ‘Endurance 1000’ button on the NSW Branch page: Click on the Endurance button, then on the next screen, (at the bottom), click on ‘Administration’

or the ‘Vorgee Endurance 1000 Portal link from the National page.

For login-id and password, contact the NSW e1000 recorder: Two members per club may have access to the e1000 system. e1000@mastersswimmingnsw.org.au

**Overview of e1000 endurance program:**
Refer to the NSW Branch page http://www.auussimastswimnsw.org.au/index.cfm?fuseaction=Main – under ‘Programs ➔ Endurance 1000’ or the National page.