Vorgee Endurance 1000

INTRODUCTION

The Endurance 1000 is a program for swimmers who want to improve their fitness and endurance. It is used to promote aerobic fitness by providing an incentive (in the form of points) for members to swim longer distances and more often. Recognition is given to the aerobic fitness aspect of swimming, as points are awarded according to relative degrees of fitness.

The program was launched in 2012, following on from the Aerobics Program run previously.

Point scores and tables showing time cut-offs are now available for all strokes and distances as set down in the Rules. All swims in each stroke now count for points.

It is the responsibility of the Club to ensure that all Rules are followed. All swim times are to be entered directly into the Endurance 1000 program in the Results Portal of the Masters Swimming Australia website (www.mastersswimming.org.au). This should be done progressively during the year; or as soon as possible after 31 December, but no later than 14 January.

SWIMMING ABILITY:

The point scoring system assumes the person has an average level of swimming efficiency and technique. A person with poor technique may swim slower times than another for the same award, even though they may be of similar fitness. It may appear that such a person is disadvantaged by the points system, however:

(a)   It is believed that this person will be the "exception" rather than "the rule";

(b)   Credit is being given for swimming performance based on swimming fitness;

(c)   We are a swimming association and one of our aims is to improve swimming ability.

Correct swimming strokes must be maintained throughout the swim and in all turns, touches and finishes.

CLUBS SHOULD DISQUALIFY SWIMMERS WHO DO NOT SWIM IN ACCORDANCE WITH MASTERS RULES IN THE SAME MANNER AS IN COMPETITION SWIM MEETS.

AWARDS:

There are two national awards each year:
- the **Vorgee Endurance 1000 Champion Club;** and
- the **Vorgee Endurance 1000 Award**

The ***Vorgee Endurance 1000 Champion Club*** is awarded each year to the club scoring the highest number of points gained by its members, using the national point score tables and complying with the conditions set out for the award.

The ***Vorgee Endurance 1000 Award*** is presented to the club that scores the highest average points per registered member each year. The award is intended to encourage participation and provide an incentive to smaller clubs. To be considered for this award, a club must have a minimum of six (6) registered members.

Individual States may offer additional State awards.

POINTSCORING TABLES:

The point system allocates points for swims based on the time taken to cover the distance. As a person's level of fitness improves then the time for this distance should decrease. Also as fitness increases, a person is able to put in more effort to achieve these faster times.

It is recognised that aerobic fitness / speed decreases with age therefore the points allocation system has been adjusted to allow for this. Similarly, adjustments for gender differences have been incorporated in the points system.

The individual 400m and 800m swims, in comparison with the other swims, will score fewer points. However, as they may be swum up to five (5) times the total score may be greater than other longer individual swims.

ALLOCATION OF POINTS:

As completed times are entered into the Endurance 1000 program, the allocated points will be displayed. If you wish to work out the points allocated for each completed swim, or know the time that you should be aiming for, look at the the age group point score charts on the MSA website.

If using the charts, find the chart according to sex and age of the swimmer. Then find the box for the stroke and distance of the swim. Finally, look up the number of points scored according to the time/distance for the specific swim.

Example 1.
A female swimmer, aged 50-54 years, completed 1500m Freestyle in 35m24.13. The time falls in the second category. Points awarded will be 30 points.

Example 2.
A male swimmer, aged 25-29 years, has a time of 17m2.34 for one of his five 800m Breaststroke swims. This time falls in the second category. Points awarded will be 6 points.

Example 3.
A female swimmer, aged 35-39 years, swims 1390m for a 30 minute Backstroke swim. The distance swum must be rounded down to the nearest completed 25m. This is 1375m. As this is greater than 1325m, maximum points will be awarded. Points awarded will be 40 points.

NOTES FOR CLUB RECORDERS:

All entries should be entered into Endurance 1000 by 14 January. All supporting documentation (eg. split times / signed swim sheets) should be retained by the club for at least 6 months after the final results are declared. This documentation does not need to be sent to the respective Branch Recorders.

Endurance 1000 Rules:

These rules are binding on all Branches and all affiliated clubs who participate in the program.

1. Only registered Masters members are eligible to gain points for their club. (BL9.1.3). If a swimmer is a second claim member to another club, the endurance points attained are awarded to their first claim club.

2. Points for the Endurance 1000 will be scored between 1st January and 31st December of the same year.

3. Swims for the Endurance 1000 must**:**

   (a)   be organised by the club, not individuals

   (b)   have at least ONE (1) committee member or person nominated as an official club representative present to certify correctness of timekeeping and verify swims.

4. Swims must be entered into Endurance 1000 in the Results Portal. All swims to be considered must be submitted to the Endurance 1000 by 14 January annually. The following information must be entered in the portal for each swim, name of swimmer, age, date of birth, sex, club, registration number, swim style and time swum for 400m/800m, 1500m events or distance swum for 30 minute, 45 minute, 60 minute swims and pool length.

5. The National Recorder will publish the results to the Results Portal by 14 February annually.

6. To allow a swimmer to gain maximum fitness and maximum points, attempts are to be swum individually and not collectively. If a swimmer nominates for a distance and does not make that distance, then credit is given for the lesser distance that has been successfully completed.

7. All distances must be swum in a pool/swimming enclosure that is no shorter than 25 metres. The pool length must be specified for each swim.

8. For the number of times that awards can be swum in the year, please see the conditions for each award. If a swimmer improves their time for an award during the year so mentioned, only the fastest submission should be entered for point allocation.

9.   All distances must be completed in the times set out in the points charts for each award.

10.   If a swimmer transfers between clubs during a calendar year, the points accumulated up until that point from all completed events will transfer with the swimmer.

11.   All interclub swims will automatically be loaded onto the Endurance 1000 program by the National Recorder on a monthly basis.

12.   All swimmers who enter MSA swim events (400, 800 and 1500m) will automatically appear in the Endurance 1000 program.

CONDITIONS AND POINTS ALLOCATION:

Only swimmers who comply with the following conditions for each award will score points.

400m and 800m

1.   The times taken for each swim (maximum 5 swims for each stroke) are to be entered in the Endurance 1000 program. Points are allocated according to sex, age, stroke and time swum. Each swim will gain points. These swims will not necessarily fall into the same points category. The times are not averaged.

2.   If a person completes more than five swims of the same distance or stroke, any of the five swims may be included in the Endurance 1000.

3.   Each of the five swims (of the same stroke and distance) must be done in a different month of the specified calendar year. These need not be consecutive months.

4.   100m split times are to be entered on the forms, except for times swum at branch, national and international Meets or sanctioned Swim Meets when such swims will be eligible without splits.

1500M

1.   The swim must be NON-STOP and points are allocated according to sex, age, stroke and time swum.

2.   Three separate 1500m swims, each in a different stroke, may be completed in any one year, each swim being swum only once. If more than one swim of the same stroke is completed during the year, the swimmer may choose any one of these swims for inclusion in the Endurance 1000 program.

3.   100m split times are to be recorded on a form, except for times swum at branch, national or international Meets or sanctioned Meets when such swims will be eligible without splits.

30, 45 and 60 MINUTE SWIMS

1. Points are scored according to sex, age, stroke and distance swum in the given time.

2. The distance credited is to the nearest completed 25m (i.e. rounded down to the nearest 25m).

3. The object is to cover as much distance as possible by swimming NON-STOP for the specified time. (NON-STOP means that the clock shall continue to run for the specified time; however, a swimmer is able to stop then continue, providing they do not push off from lane rope or the bottom of the pool.)

4. Swim times should be recorded on an official recording form and may be swum at any time during the specified year.

5. 100m split times are to be recorded on the form. A final split time and total distance swum is to be entered for the last completed 25m before the specified time elapses.

6. A total of nine different swims for distance may be completed over the year. These are:

    - Three 30 minute swims (one each of Freestyle, Backstroke, Breaststroke)
    - Three 45 minute swims (one each of Freestyle, Backstroke, Breaststroke)
    - Three 60 minute swims (one each of Freestyle, Backstroke, Breaststroke).

Good luck with your endurance swimming. It is a great way to see your fitness and style improve.