



MASTERS SWIMMING 'ENDURANCE 1000' (e1000) PROGRAM Overview & Frequently Asked Questions

WHAT IS IT?

- 'Endurance 1000' (e1000) was originally called the 'Aerobics Program' and 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 e1000 swims. (Refer 'Table 1' below). For the 30, 45 and 60 minute 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 AND NUMBER OF SWIMS

	Freestyle	Backstroke	Breaststroke	Butterfly	L/Medley
400M	5	5	5	5	5
800M	5	5	5	5	5
1500M	1	1	1		
1/2 hour	1	1	1		
3/4-hour	1	1	1		
1 hour	1	1	1		

Table 1: Types and number of times each swim must be completed if maximum swims are attempted.

Note: the set of 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, 30, 45 and 60 minute swims, may be completed at any time.

VALID SWIMS THAT MAY BE INCLUDED IN THE E1000 PROGRAM

Swims completed at:

- an Officiated Meet. (*Note:* these times are automatically uploaded from the 'Meet Manager System' into the 'Results Portal' and then transferred into the e1000 Program. The e1000 Club Recorder is not required to manually enter these times into e1000).

or

- Club meet / training session, provided that the swims are witnessed and times / distance swum are recorded (for later verification if required).

SUBMISSION OF SWIMS FOR INCLUSION INTO E1000

Closing date is 14 January for the previous year's e1000 swims. Ensure all swims are entered and checked by this date.

Swimmers should submit to their Club e1000 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.)

Club e1000 Recorders then enter all their club members' swims into the e1000 Program via the NSW web page <http://e1000.msarc.org.au/>

(At the end of year, **the Branch e1000 Recorder** compiles an aggregated report of every NSW/ACT club's submitted swims and presented at the Branch Annual General Meeting.)

FORMS AVAILABLE FOR RECORDING E1000 SWIMS

Individual and Summary Swim Recording forms are available from your e1000 Club Recorder or the National web page <http://mastersswimming.org.au/Programs/Vorgee-Endurance-1000/Endurance-1000-Recording-Sheet>

Completed forms (with a record of split times) and signed by timekeeper, should be forwarded to your Club's e1000 Recorder for entry of final times into the e1000 Program.

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)

E1000 POINTS ALLOCATION SYSTEM AND AWARDS

Points are awarded to swimmers for each swim completed - based on the swim event (distance), age and time taken or distance swum. Points allocation is determined by the National body and may be found on the National web page <http://mastersswimming.org.au/Programs/Vorgee-Endurance-1000/Endurance-1000-Age-Group-Times>

Branch e1000 Awards (NSW/ACT)

Club Perpetual Trophies:

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

Individual Awards: (NSW/ACT)

- i) **Maximum Points**
- ii) **Maximum Swims** (ie. swimmers who swim all events but not maximum points)

National e1000 Awards

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

E1000 PROGRAM FREQUENTLY ASKED QUESTIONS

Main Roles of e1000 Club Recorder

- To encourage their club members to undertake e1000 swims
- To facilitate recording of e1000 swims at club meets (eg time keepers / standard forms etc)
- To accurately enter their club members' endurance swims into e1000
- To ensure all e1000 club swims have been entered by the end of year 'close off' date (14 January)
- To provide e1000 reports as required to club members
- To liaise with Branch e1000 Recorder as required / or to discuss concerns etc

e1000 Club Recorder Access

- Two members per club may have access to the e1000 system.
- Your logon access is provided by the NSW e1000 Recorder and is compiled of a username and a password. (An e1000 User Guideline is provided to the e1000 Club Recorder when access is set up).
- Access the Endurance 1000 Program is via tab on the NSW Masters Swimming web page <http://mastersswimmingnsw.org.au/>

The club must be registered with NSW Masters and the member must be financial before e1000 swims may be entered. If the swimmer is not in the club list then they may not be financial or a first claim member with your club. (In this instance, please contact the Branch Administrator Masters Swimming NSW admin@mastersswimmingnsw.org.au)

Updating swims on e1000 and end of year closure

Club recorders may add, update, delete swims any time before the 'close off' of the year. The date of closure will be **14 January** (of the year following the e1000 year being submitted), as per GR14.4.

e1000 Swims conducted at official meets

Any swims conducted at meets and entered into Meet Manager will be automatically loaded into the *Results Portal* and then transferred into the *e1000 Program* if greater than or equal to 400m AND there is no existing swim for that month and event.

Note: It is best to add swims into e1000 after the month it was swum, especially if the swimmer is swimming the same event at a meet the same month. (This is really only a concern if the swimmer is likely to achieve more e1000 points if they swim a race time that places them in a different 'points' category.)

e1000 Swims – Records and Top 10

- Records may NOT be set for endurance swims unless undertaken at an officiated carnival.
- Top 10 - The *final* times / distances of swims entered into the e1000 system are automatically available to the Top 10 Recorder for consideration.

Split Times

If a split time wants to be considered for Top 10, then a separate notification to the Top 10 Recorder is required (official form is available under 'Downloads' → 'Forms' on the web page <http://mastersswimmingnsw.org.au/Downloads/Forms>)

NB: There is no need to enter split times into the e1000 system. (Even if they are entered, they will NOT be transferred automatically to Top 10).

'Best Ever' Times

Longer endurance swims not included in the e1000 program, (such as the 3000m and 5000m and 1500m butterfly), may be considered for the 'Best Ever' times listing in the Results Portal.

Distance/Stroke	Name	Club	Date	Time	Meter Location
3000m Freestyle		WOM	31.12.2004	54:30.00	INGLEWOOD POOL
5000m Freestyle		WCR		70:03.37	
3000M Freestyle		TS		2175	
4500M Freestyle		WCR		3250	
6000M Freestyle		QHM	19.03.2006		4250 VARBOUS ROCKS
3000m Backstroke		WSM		51:37.63	
5000m Backstroke		WCR		96:10.65	
3000M Backstroke		WSM		1825	
4500M Backstroke		WSM		2760	
6000M Backstroke		WSM		3475	
3000m Breaststroke		WCR		55:14.55	
5000m Breaststroke		QSH		91:40.99	
3000M Breaststroke		NSP		1050	
4500M Breaststroke		QTE	31.12.2004		2625 QUEENSLAND
6000M Breaststroke		VFD		3350	
1500m Butterfly		NWS	05.09.2004	28:39.90	BLACKTOWN

Non Freestyle strokes swum in freestyle events

Please be aware that if a person swims a stroke other than freestyle in a freestyle event at a meet (400m or above), there will be two entries in e1000 – one in the freestyle and one in the stroke that was swum (the same time/date details will be listed). This is because the swim is recorded in the Meet Manager system as a freestyle swim (for race points) and it is also entered manually into the Results Portal (by the meet recorder or other authorised person), for the actual swim style (for records / top 10 purposes).

It is therefore important that all club e1000 recorders are aware of those swimmers who do a non-freestyle event in a freestyle event. **THE FREESTYLE ENTRY WILL NEED TO BE MANUALLY REMOVED FROM E1000 BY THE CLUB RECORDER** (otherwise the points system will not be correct.)

Note: As long as the event is distinguished as a separate stroke for example Event 1a = 800m free, 1b = 800 Fly, 1c = 800 Back etc, the swim will be automatically loaded into e1000 under the respective stroke.

Distance butterfly e1000 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).

Second Claim Members

e1000 points are allocated to the swimmer's first claim club, not their second claim club.

Suggestions to encourage e1000 Participation

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 swim 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 ‘e1000 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.

Note: Information contained in this document is available on Masters Swimming Web Page