

INTRODUCING ...

# NSW e1000

**AIM- to provide NSW swimmers with a more inclusive endurance program by adding another tier within the existing national e1000 program.**

## TOP POINTS

As per the current e1000 program, this is awarded to swimmers who complete all swims and achieve top points

## NSW e1000

Using the current e1000 as a guide, this is awarded to swimmers who complete a series of swims and achieve 1000 points

## ALL SWIMS

As per the current e1000 program, this is awarded to swimmers who complete all swims.



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# HERE'S HOW IT WORKS

Swimmers must complete a minimum of 62 swims as per the National e1000 program, however the following changes may be made...

- Swimmers may drop 4 swims from the list but these must be replaced "**like for like**". E.g. If you drop the 1 hour Breaststroke you must replace it another 1 hour swim.
- For this purpose, a set of 400's or 800's is considered 1 swim. Therefore, if you drop the set of 400 Butterfly swims you must replace it with a set of 400's from another stroke (there are 5 swims per set)
- All swims will attract the same points outlined in the National program.
- Swimmers **may** swim up to 12 extra swims to try and reach the allocated 1000 points, however only 2 of each distance/time may be repeated.
- Awards will be given based on the tiers listed on page 1

## Here's an example -

Joe can't swim butterfly any more due to a shoulder injury, so he drops the 400 Fly, 800 Fly, 400 IM and 800 IM. He has to replace like-for-like, which he does using freestyle and backstroke (400 and 800 free, 400 and 800 back). 4 sets are replaced by 4 sets of the same distance

To reach the 1000 points to complete the NSW pathway he adds 8 extra swims (which are double ups!).

2 x 1500m, 2 x 30 minute, 2 x 45 minute and 2 x 1 hour.

Using the point score of the E1000 National Swim we would then calculate the points for the NSW pathway.

## Here's another example -

Mary doesn't like doing long distance Breaststroke due to sore knees so she drops the 60 minute, 45 minute and 30 minute breast swims. She has to replace like-for-like, so she swims these again in freestyle.

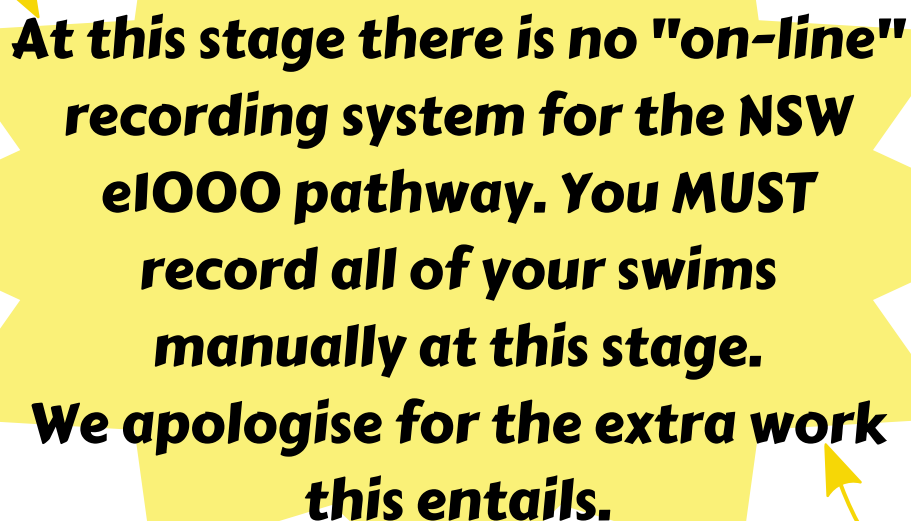
To reach the 1000 points to complete the NSW pathway she only needs to add an extra 2 swims. She chooses a set of 800 Freestyle and a 30 minute Backstroke.

Using the point score of the E1000 National Swim we would then calculate the points for the NSW pathway.

## One more example -

Leigh does all of the swims in the National program, but cannot achieve top points. She wants to try and reach the NSW award so she adds 12 swims - 2 in each time/distance group. Lee swims - 2 extra 400 sets, 2 extra 800 sets, 2 extra 1500 swims, 2 extra 30 minute swims, 2 extra 45 minute swims and 2 extra 60 minute swims

Using the point score of the E1000 National Swim we would then calculate the points for the NSW pathway.



**At this stage there is no "on-line" recording system for the NSW e1000 pathway. You MUST record all of your swims manually at this stage. We apologise for the extra work this entails.**

# e1000 National Swims

## 400 Freestyle

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 400 Breaststroke

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 400 Backstroke

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 400 Butterfly

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 400 IM

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 800 Freestyle

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 800 Breaststroke

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 800 Backstroke

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 800 Butterfly

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## 800 IM

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

## **e1000 National Swim continued**

**1500 Freestyle**

-

**1500 Breaststroke**

-

**1500 Backstroke**

-

**30 minute Freestyle**

-

**30 minute Breaststroke**

-

**30 minute Backstroke**

-

**45 minute Freestyle**

-

**45 minute Breaststroke**

-

**45 minute Backstroke**

-

**60 minute Freestyle**

-

**60 minute Breaststroke**

-

**60 minute Backstroke**

-

You must complete all of the swims on these 2 pages to qualify for the National Top Points or National All Swims awards

These must be entered into the National e1000 portal

# e1000 NSW Substitute and additional Swims

Replacement  
400

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Replacement  
400

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Replacement  
400

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Replacement  
400

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Extra  
400

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Extra  
400

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Replacement  
800

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Replacement  
800

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Replacement  
800

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Replacement  
800

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Extra  
800

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

Extra  
800

- 1 -
- 2 -
- 3 -
- 4 -
- 5 -

# e1000 NSW Substitute and additional Swims continued

## Replacement

1500

-

1500

-

1500

-

## Extra

1500

-

1500

-

## Replacement

30 minute

-

30 minute

-

30 minute

-

## Extra

30 minute

-

30 minute

-

## Replacement

45 minute

-

45 minute

-

45 minute

-

## Extra

45 minute

-

45 minute

-

## Replacement

60 minute

-

60 minute

-

60 minute

-

## Extra

60 minute

-

60 minute

-

**If you require clarification, please  
contact ...**

**[president@mastersswimmingnsw.org.au](mailto:president@mastersswimmingnsw.org.au)**



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***This program is in a trial phase and will be evaluated and changes may be made before it continues in 2024.***

***All swims must be completed by the 31st December 2023 and the record sheets must be emailed to [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)***

***Your club registrar should continue to update your eligible times in the e1000 portal.***