



## INTRODUCTION

The National Aerobic Trophy is offered to encourage all swimmers to improve their fitness and endurance. Point scores and times have been supplied for all strokes and distances set down in the Rules for this Trophy.

Please ensure all Rules are complied with and all submissions are on the correct forms or by disk transfer. Forms are available on request from your Branch Secretary. Clubs must send submissions to their Branch Recorders as soon after 31 December as possible, but no later than 14 January.

The forms have been restyled for consistency and ease of computerisation. Good luck with your endurance swimming. It is a great way to see your fitness and style improve.

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First printed	1982
Reprinted	1983
Reprinted	1985
New Edition	1989
New Edition	1992
New Edition	1995
New Edition	1998
New Edition	2001
New Edition	2003



## NATIONAL AEROBIC TROPHY

### AIM:

To promote aerobic fitness by providing an incentive (in the form of club points) for members to swim longer distances. In this way, due recognition will be given to the aerobic fitness aspect of swimming as points are awarded according to relative degrees of fitness.

### 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 strokes, turns, touches and finishes. **CLUBS MUST DISQUALIFY SWIMMERS WHO DO NOT SWIM IN ACCORDANCE WITH AUSSI RULES IN THE SAME MANNER AS IN COMPETITION SWIM MEETS.**

### AWARDS:

There are two Awards each year; the National Aerobic Trophy and the National Aerobic Award.

The National Aerobic Trophy 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 National Aerobic Award is presented to the club that scores the highest average points per registered member each year. The award was initiated by the Tasmanian Branch, and 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.



## **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 his time for this distance should decrease. Also as fitness increases, a person is able to put in more effort to achieve these faster times. Points are allocated on the amount of effort expended to swim these times.

Note again that a person's style of swimming must not be grossly inefficient. It is recognised that aerobic fitness decreases with age, (not necessarily due to lack of training), therefore, these tables allow for that decrease.

It is also recognised that women have a lower aerobic power due to many factors other than training, and an allowance for this has also been made.

The 400m and 800m swims, in comparison with the other swims, should really score less points. However, as they have to be swum five (5) times, the score as shown in the tables has been derived.

## **ALLOCATION OF POINTS:**

To work out the points allocated for each completed swim, use the age group point score charts or enter the data into the Aerobics software program.

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 taken over a given distance or distance swum in a given period of time.

### **Example 1.**

A female swimmer, aged 50-54 years, completed 1500m Freestyle in 35 minutes 24.13 seconds. The time falls in the third category. Points awarded will be 9.

### **Example 2.**

A male swimmer, aged 25-29 years, has an average time of 17 minutes 2.34 seconds for his five 800m Breaststroke swims. This time falls in the second category. Points awarded will be 16.



**Example 3.**

A female swimmer, aged 35-39 years, swims 1390m for a 1/2 hour 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. The number of points awarded will be 15.

**Example 4.**

A male swimmer, aged 60-64 years, swims 2745m for his 1 hour Freestyle. The distance rounded down to the nearest completed 25m is 2725m. This distance falls in the second range (2500-2725m). Therefore number of points awarded will be 24.

**NOTE** that the distance swum in Example 4 must be rounded down to 2725m, not taken up to 2750m for which the swimmer would have been awarded more points. The swimmer did not swim the greater distance, therefore can only be awarded 18 points.

**NOTES FOR RECORDERS:**

1. Please make sure all entries are complete and entered into the National Aerobic software before saving to disk and sending to the Branch Recorder by 14 January. All supporting documentation should be forwarded to your Branch recorders.
2. Branch Recorders should check the documentation, read all of the Club data into one file and forward the computer disk to the National Aerobic Recorder by 14 February. It is not necessary to forward the supporting documentation to the National Recorder.



### **NATIONAL AEROBIC TROPHY RULES:**

These rules are binding on all branches and all affiliated clubs. They may be altered and added to only by the National Board.

1. Only registered AUSSI members are eligible to gain points for their club.
2. Points for the Aerobic Trophy will be scored between 1st January and 31st December of the same year.
3. Swims for the Trophy must;
  - (a) be recorded on the official recording form (including name, age, date of birth, sex, club, registration number, average time and swim style); and
  - (b) be organised by the club, not individuals
  - (c) 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. Computer disk or forms must be submitted to Branch Recorders as directed by your branch. The Branch Recorder, after processing relevant details, will then retain the summary sheets in case of query and forward the computer disk to the National Aerobic Recorder.
5. 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 successfully completed.
6. All distances must be swum in a pool/swimming enclosure that is no shorter than 25 metres.
7. For the number of times that awards can be swum in the year, please see the Conditions for each award. If a swimmer improves his time for an award during the year so mentioned, only the fastest submission should be forwarded for point allocation.
8. All distances must be completed in the times set out in the points charts for each award.
9. If a swimmer transfers between clubs during an aerobic year, the points accumulated up until that point from all completed events will transfer with the swimmer.



## **CONDITIONS AND POINTS ALLOCATION:**

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

### **400m and 800m**

1. The time taken is the **AVERAGE** of five (5) swims and this average time must be entered on the form. Points are allocated according to sex, age, stroke and average time swum.
2. Five swims of the same stroke and same distance must be completed in order to be eligible to score points. If a person completes more than five swims of the same distance or stroke, any of the five swims may be included in the National Aerobic Trophy.
3. Each of the five swims (of the same stroke and distance) must be done in a different month of the specified aerobic year. These need not be consecutive months.
4. The average of five swims (of the same stroke and distance) must be calculated in order to score points.
6. 100m split times are to be entered on the forms, except for times swum at State, 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 National Aerobic Trophy.
3. 100m split times are to be entered on the forms, except for times swum at State, National or International Meets or sanctioned Carnivals when such swims will be eligible without splits.



## **HALF HOUR, THREE QUARTER HOUR AND ONE HOUR 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. Entries must be on the official form and may be swum at any time during the specified year.
5. 100m split times are to be entered on the forms. 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 aerobic swims may be completed over the year. These are;
  - three 1/2 hour swims (one each of Freestyle, Backstroke, Breaststroke)
  - three 3/4 hour swims (one each of Freestyle, Backstroke, Breaststroke)
  - three 1 hour swims (one each of Freestyle, Backstroke, Breaststroke).