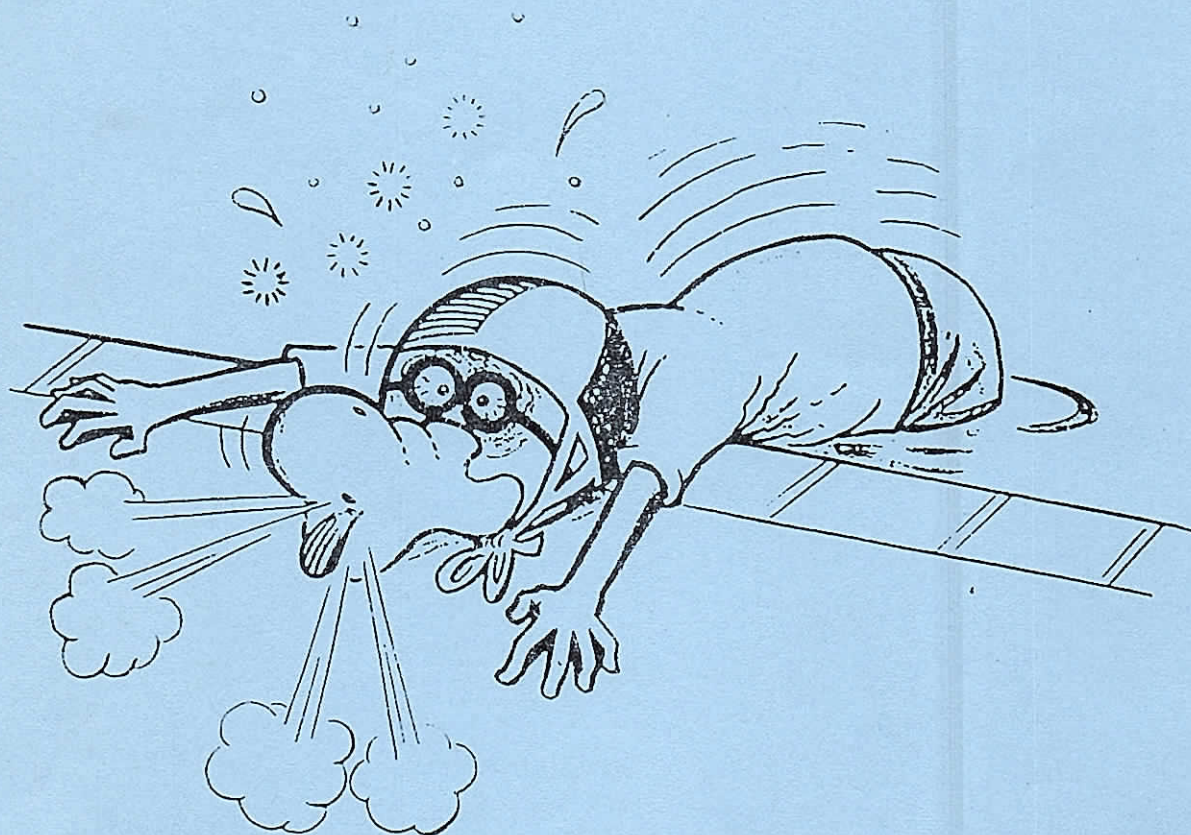


# NATIONAL AEROBIC TROPHY



## Rules and Point Scores

REPRINTED 1985

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## INTRODUCTION

The National Aerobic Trophy is offered as an alternative to competition, 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. Forms are available on request from your Branch Secretary. Clubs must send submissions to their Branch Recorder as soon after 30th November as possible. Some Branch Recorders request submissions at intervals during the year. Branches will be notified of the name and address of the National Aerobic Recorder and the final closing date for submissions for the National Aerobic Trophy each year.

The winner of the National Aerobic Trophy is the Club in Australia scoring the highest number of points gained by its members, after all the Rules are complied with. The National Aerobic Trophy is presented each year at the National Presentation Dinner, and full result sheets are available.

In compiling and typing this third printing of the Rule Booklet I have included pointscores for the 20 - 24 year age group. There has been no change to the Rules or Pointscores, only corrections where applicable.

National Award Badges are available for all Aerobic Trophy Swims, after payment of the appropriate fee, provided the Rules of the Trophy are adhered to. The exception to this is the 1500m swim. (See Rule 10.) Badges are available from your Branch, or if the Branch does not keep them, from the National Office.

I have re-styled the forms to provide ease for computerization. Stocks of these will be available when re-printing of supplies becomes necessary. However, please continue to use the available forms.

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

Glenys McDonald

National Aerobic Recorder.

First printed 1982  
Reprinted 1983  
Reprinted 1985



# A.U.S.S.I. MASTERS SWIMMING IN AUSTRALIA

2.

## 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.

### INCENTIVE:

The incentive or credit for improving aerobic fitness by swimming distances is offered on two levels.

- (i) INDIVIDUAL LEVEL where swimmers are encouraged to train for and attempt the existing AUSSI National Awards. i.e. 400m, 800m, 1500m, 3000m, 5000m, and 1 Hour swim.
- (ii) CLUB LEVEL. While members may be improving their aerobic fitness by swimming longer distances, they can score points for their club.

### SWIMMING ABILITY:

The pointscoring 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.

### THE TROPHY WINNER:

A trophy shall be awarded each year to the club scoring the highest number of points gained by its members swimming the awards using the following point-scoring tables and complying with the conditions set out in this document for each award.

### 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/her 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, and calculations are based on Cooper's (1977) point scoring system where he gives 1 point for every 7 ml of oxygen consumed per kg of bodyweight per minute.

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. A decrease of 5% for every 10 year age group has been allowed for. (5 years being too small a time span to detect any significant difference in performance.)

It is also recognised that women have a lower aerobic power due to many factors other than training, and an allowance of 5% difference between male and female times has also been made.

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

### NOTES FOR RECORDERS:

1. Please make sure all entries are complete and on the official forms before sending to the Branch Recorder.
2. Mark whether the entries are for the National Aerobic Trophy only, or for a National Award Badge.
3. If a badge is required, please include the appropriate fees.
4. Please ensure the average time for the five 400m and 800m swims are filled in on the forms.
5. If a swimmer intends to attempt more than one award swim on the same day, to avoid disqualification please note start time of each swim on the form.
6. All forms are requested in Club order;  
in Alphabetical order;  
in Swim order according to the Pointscore book.

RULES OF AUSSI

These Rules are binding on all Branches and all affiliated clubs. They may be altered and added to only by the National Council.

1. Only registered AUSSI members are eligible to gain points for their club.
2. Points for the Aerobic Trophy will be scored between 1st December of one year, and the 30th November of the next.
3. Award attempts must be:
  - (a) recorded on the official recording form (including the information summary of name, age, sex, club, registration number, average time etc.)
  - (b) organised by the Club, not individuals.
  - (c) have at least ONE (1) club official (a committee member or a person nominated as an official ) present to certify correctness of timekeeping and verify awards.
4. Submission of award and points forms:
  - (a) Forms must be submitted to Branch Recorders as directed. The Branch Recorder, after processing relevant details, will forward forms to the National Recorder when called.
  - (b) If a National Award Badge is required, the submission must be accompanied by the appropriate fee and fulfil all relevant Rules.
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 area where the distance between laps is no shorter than 25 metres.
7. For the number of times that awards can be swum in the year December 1st to November 30th, please see the Conditions for each award. If a swimmer improves his/her time for an award during the year so mentioned, further submissions may be forwarded to the Recorder, but only the fastest submission will be accepted for point allocation.
8. If a swimmer changes into another age grouping during the 400m and 800m attempts, the age is that at three of the swims.
9. All distances must be completed in the times set out in the points charts for each award. If the times are greater or the distance is less than required, but other conditions are met, then one (1) point is awarded.
10. Conditions for Awards. Only swimmers who comply with the following Conditions for each award will score points for their Club.



CONDITIONS FOR AWARDS POINTS ALLOCATION.400m and 800m

1. The distance of 400m and 800m must be completed in the time specified for sex, age group and stroke. The time taken is the AVERAGE of five (5) swims and this average time must be entered on the form.
2. There must be five (5) NON STOP SWIMS. Each of these must be swum in a DIFFERENT month of the specified year.
3. The award can be swum only ONCE in each of the FOUR STROKES plus a MEDLEY in any year. e.g. a maximum of five 400m and five 800m swims.

1,500m

1. The time recorded for the 1,500m swim should fall within the times specified for sex, age and stroke on the score sheets.  
  
To qualify for the National Award Badge for 1,500m the time swum also has to equal, or be less than, 50 times the swimmers best 50m time for that stroke in that year.
2. Forms should be submitted to Branch Recorders as close to November 30th as possible so that the final 50m time for the season is known.
3. ONE (1) submission ONLY, regardless of stroke.

3,000m and 5,000m

1. These distances must be swum in accurately measured pools.
2. The distance must be covered NON STOP.
3. As a check for distance, lap times are requested on the forms.
4. ONE (1) submission ONLY, for each distance, regardless of stroke.

1 HOUR SWIM

1. The time set is 1 Hour.
2. The distance credited is to the nearest 50m completed.
3. The object is to cover as much distance as possible by swimming NON STOP for the hour.
4. Entries must be on the official form and may be swum at any time during the specified year.
5. ONE (1) submission ONLY, regardless of stroke.

## POINTS SCORE FOR 400m SWIM

Times in minutes and seconds.

MENS AGE	FREESTYLE	BACKSTROKE	BREASTROKE	POINTS	WOMENS AGE
20 - 24	Less than 6.12 6.12 - 7.51 7.52 - 9.46 9.47 - 13.20	Less than 7.04 7.04 - 8.57 8.58 - 11.07 11.08 - 15.11	Less than 7.56 7.56 - 10.03 10.04 - 12.30 12.31 - 17.04	3 2 1 1	
25 - 34	Less than 6.31 6.31 - 8.15 8.16 - 10.15 10.16 - 14.00	Less than 7.25 7.25 - 9.24 9.25 - 11.40 11.41 - 15.57	Less than 8.20 8.20 - 10.33 10.34 - 13.07 13.08 - 17.55	3 2 1 1	20 - 24
35 - 44	Less than 6.50 6.50 - 8.39 8.40 - 10.45 10.46 - 14.42	Less than 7.47 7.47 - 9.52 9.53 - 12.15 12.16 - 16.45	Less than 8.44 8.44 - 11.04 11.05 - 13.46 13.47 - 18.48	3 2 1 1	25 - 34
45 - 54	Less than 7.10 7.10 - 9.05 9.06 - 11.17 11.18 - 15.25	Less than 8.10 8.10 - 10.21 10.22 - 12.52 12.53 - 17.34	Less than 9.10 9.10 - 11.37 11.38 - 14.27 14.28 - 19.45	3 2 1 1	35 - 44
55 - 64	Less than 7.31 7.31 - 9.32 9.33 - 11.51 11.52 - 16.12	Less than 8.34 8.34 - 10.52 10.53 - 13.30 13.31 - 18.27	Less than 9.37 9.37 - 12.12 12.13 - 15.10 15.11 - 20.43	3 2 1 1	45 - 54
65 - 74	Less than 7.53 7.53 - 10.00 10.01 - 12.26 12.27 - 17.00	Less than 8.59 8.59 - 11.24 11.25 - 14.10 14.11 - 19.22	Less than 10.06 10.06 - 12.49 12.50 - 15.55 15.56 - 21.45	3 2 1 1	55 - 64
75 - 84	Less than 8.17 8.17 - 10.30 10.31 - 13.00 13.01 - 17.50	Less than 9.26 9.26 - 11.58 11.59 - 14.52 14.53 - 20.19	Less than 10.36 10.36 - 13.27 13.28 - 16.42 16.43 - 22.50	3 2 1 1	65+

NOTE: Truncation of times:

Difficulties might arise in interpretation of pointscores where a swimmer is right on the border line.

e.g. 25 - 34 400m Freestyle Men Swum in 6.31 would score 2 pts  
Swum in 6.30.50 " 3 pts



POINTS SCORE FOR 400m SWIMS

Times in minutes and seconds.

MENS AGE	BUTTERFLY	MEDLEY	POINTS	WOMENS AGE
20 - 24	Less than 7.19 7.19 - 9.16 9.17 - 11.31 11.32 - 15.44	Less than 7.08 7.08 - 9.03 9.04 - 11.13 11.14 - 15.21	4 3 2 1	
25 - 34	Less than 7.41 7.41 - 9.44 9.45 - 12.06 12.07 - 16.31	Less than 7.29 7.29 - 9.30 9.31 - 11.47 11.48 - 16.07	4 3 2 1	20 - 24
35 - 44	Less than 8.04 8.04 - 10.13 10.14 - 12.42 12.43 - 17.21	Less than 7.52 7.52 - 9.58 9.59 - 12.22 12.23 - 16.55	4 3 2 1	25 - 34
45 - 54	Less than 8.27 8.27 - 10.43 10.44 - 13.19 13.20 - 18.11	Less than 8.15 8.15 - 10.27 10.29 - 13.05 13.06 - 17.45	4 3 2 1	35 - 44
55 - 64	Less than 8.52 8.52 - 11.15 11.16 - 13.59 14.00 - 19.75	Less than 8.39 8.39 - 10.59 11.00 - 13.38 13.39 - 18.38	4 3 2 1	45 - 54
65 - 74	Less than 9.18 9.18 - 11.48 11.49 - 14.40 14.41 - 20.04	Less than 9.04 9.04 - 11.31 11.32 - 14.09 14.10 - 19.34	4 3 2 1	55 - 64
75 - 84	Less than 9.45 9.45 - 12.23 12.24 - 15.20 15.21 - 21.02	Less than 9.32 9.32 - 12.05 12.06 - 15.01 15.02 - 20.31	4 3 2 1	65 +

## POINTS SCORE FOR 800m SWIM

Times in minutes and seconds.

MENS AGE	FREESTYLE	BACKSTROKE	BREASTROKE	POINTS	WOMENS AGE
20 - 24	Less than 13.21 13.21 - 17.37 17.38 - 21.26 21.27 - 27.37	Less than 15.15 15.15 - 20.05 20.06 - 24.26 24.27 - 31.26	Less than 17.10 17.10 - 22.32 22.33 - 27.26 27.27 - 35.14	4 3 2 1	
25 - 34	Less than 14.01 14.01 - 18.30 18.31 - 22.30 22.31 - 29.00	Less than 16.01 16.01 - 21.05 21.06 - 25.39 25.40 - 33.00	Less than 18.01 18.01 - 23.40 23.41 - 28.48 28.49 - 37.00	4 3 2 1	20 - 24
35 - 44	Less than 14.43 14.43 - 19.25 19.26 - 23.37 23.38 - 30.27	Less than 16.49 16.49 - 22.08 22.09 - 26.55 26.56 - 34.59	Less than 18.55 18.55 - 24.51 24.52 - 30.14 30.15 - 38.51	4 3 2 1	25 - 34
45 - 54	Less than 15.26 15.26 - 20.23 20.24 - 24.48 24.49 - 31.58	Less than 17.39 17.39 - 23.12 23.13 - 28.16 28.17 - 36.22	Less than 19.51 19.51 - 26.06 26.07 - 31.45 31.46 - 40.47	4 3 2 1	35 - 44
55 - 64	Less than 16.13 16.13 - 21.24 21.25 - 26.02 26.03 - 33.33	Less than 18.31 18.31 - 24.24 24.25 - 29.40 29.41 - 38.11	Less than 20.50 20.50 - 27.24 27.25 - 33.19 33.20 - 42.49	4 3 2 1	45 - 54
65 - 74	Less than 17.02 17.02 - 22.28 22.29 - 27.20 27.21 - 35.13	Less than 19.27 19.27 - 25.25 25.26 - 31.09 31.10 - 40.05	Less than 21.53 21.53 - 28.46 28.47 - 34.59 35.00 - 44.57	4 3 2 1	55 - 64
75 - 84	Less than 17.52 17.52 - 23.35 23.36 - 28.42 28.43 - 36.59	Less than 20.25 20.25 - 26.41 26.42 - 32.43 32.44 - 42.00	Less than 22.58 22.58 - 30.12 30.13 - 36.43 36.44 - 47.12	4 3 2 1	65+

## POINTS SCORE FOR 800m SWIMS

Times in minutes and seconds.

MENS AGE	BUTTERFLY	MEDLEY	POINTS	WOMENS AGE
20 - 24	Less than 15.45 15.45 - 20.34 20.35 - 25.04 25.05 - 32.36	Less than 15.25 15.25 - 20.17 20.18 - 24.40 24.41 - 31.45	4 3 2 1	
25 - 34	Less than 16.33 16.33 - 21.36 21.37 - 26.19 26.20 - 34.14	Less than 16.11 16.11 - 21.18 21.19 - 25.54 25.55 - 33.20	4 3 2 1	20 - 24
35 - 44	Less than 17.02 17.02 - 22.43 22.44 - 27.35 27.36 - 35.44	Less than 16.59 16.59 - 22.21 22.22 - 27.11 27.12 - 35.20	4 3 2 1	25 - 34
45 - 54	Less than 18.01 18.01 - 23.53 23.54 - 28.54 28.55 - 35.44	Less than 17.50 17.50 - 23.26 23.27 - 28.33 28.34 - 36.44	4 3 2 1	35 - 44
55 - 64	Less than 19.03 19.03 - 25.04 25.05 - 30.43 30.44 - 39.20	Less than 18.42 18.42 - 24.39 24.40 - 29.58 29.59 - 38.34	4 3 2 1	45 - 54
65 - 74	Less than 20.06 20.06 - 26.18 26.19 - 32.06 32.07 - 41.28	Less than 19.39 19.39 - 25.40 25.41 - 31.28 31.29 - 40.29	4 3 2 1	55 - 64
75 - 84	Less than 20.21 20.21 - 27.27 27.28 - 33.33 33.34 - 43.11	Less than 20.38 20.38 - 26.57 26.58 - 33.02 33.03 - 42.31	4 3 2 1	65 +

## POINTS SCORE FOR 1500m SWIM

Times in minutes and seconds.

MENS AGE	FREESTYLE	BACKSTROKE	BREASTROKE	POINTS	WOMENS AGE
20 - 24	Less than 25.44	Less than 29.18	Less than 32.52	6	
	25.44 - 32.32	29.18 - 37.09	32.52 - 41.45	4	
	32.33 - 39.17	37.10 - 44.45	41.46 - 50.19	3	
	39.18 - 52.23	44.46 - 59.41	50.20 - 67.04	2	
25 - 34	Less than 27.01	Less than 30.46	Less than 34.31	6	20 - 24
	27.01 - 34.10	30.46 - 39.00	34.31 - 43.50	4	
	34.11 - 41.15	39.01 - 47.00	43.51 - 52.50	3	
	41.16 - 55.00	47.01 - 62.40	52.51 - 70.25	2	
35 - 44	Less than 28.21	Less than 32.21	Less than 36.16	6	25 - 34
	28.21 - 35.55	32.21 - 41.00	36.16 - 46.00	4	
	35.56 - 43.20	41.01 - 49.20	46.01 - 55.30	3	
	43.21 - 57.45	49.21 - 65.50	55.31 - 73.55	2	
45 - 54	Less than 29.46	Less than 33.56	Less than 38.06	6	35 - 44
	29.46 - 37.45	33.56 - 43.00	38.06 - 48.20	4	
	37.46 - 45.30	43.01 - 51.50	48.21 - 58.15	3	
	45.31 - 60.35	51.51 - 69.10	58.16 - 77.40	2	
55 - 64	Less than 31.16	Less than 35.41	Less than 39.56	6	45 - 54
	31.16 - 39.45	35.41 - 45.10	39.56 - 50.45	4	
	39.46 - 47.45	45.11 - 54.25	50.46 - 61.10	3	
	47.46 - 63.40	54.26 - 72.30	61.11 - 81.30	2	
65 - 74	Less than 32.46	Less than 37.26	Less than 41.56	6	55 - 64
	32.46 - 41.20	37.26 - 47.25	41.56 - 53.15	4	
	41.21 - 50.10	47.26 - 57.10	53.16 - 64.10	3	
	50.11 - 66.45	57.11 - 76.10	64.11 - 85.30	2	
75 - 84	Less than 34.26	Less than 39.16	Less than 44.01	6	65+
	34.26 - 43.40	39.16 - 49.45	44.01 - 55.50	4	
	43.41 - 52.40	49.46 - 60.00	55.51 - 67.30	3	
	52.41 - 70.10	60.01 - 79.50	67.31 - 89.50	2	

POINTS SCORE FOR 3000m SWIM

Times in minutes and seconds.

MENS AGE	FREESTYLE	BACKSTROKE	BREASTROKE	POINTS	WOMENS AGE
20 - 24	Less than 52.24 52.24 - 65.43 65.44 - 78.34 78.35 - 104.46	Less than 59.42 59.42 - 74.55 74.56 - 89.31 89.32 - 119.27	Less than 67.01 67.01 - 84.08 84.09 - 100.38 100.39- 134.03	7 5 4 3	
25 - 34	Less than 55.01 55.01 - 69.00 69.01 - 82.30 82.31 - 110.00	Less than 62.41 62.41 - 78.40 78.41 - 94.00 94.01 - 125.25	Less than 70.21 70.21 - 88.20 88.21 - 105.40 105.41- 140.45	7 5 4 3	20 - 24
35 - 44	Less than 57.46 57.46 - 72.25 72.26 - 86.40 86.41 - 115.30	Less than 65.51 65.51 - 82.40 82.41 - 98.45 98.46 - 131.40	Less than 73.51 73.51 - 92.40 92.41 - 110.45 110.46-147.45	7 5 4 3	25 - 34
45 - 54	Less than 60.41 60.41 - 76.05 76.06 - 90.55 90.56 - 121.20	Less than 69.11 69.11 - 86.40 86.41 - 103.40 103.41- 138.20	Less than 77.41 77.41 - 97.25 97.26 - 116.25 116.26- 155.15	7 5 4 3	35 - 44
55 - 64	Less than 63.36 63.36 - 79.45 79.46 - 95.30 95.31 - 129.25	Less than 72.41 72.41 - 91.00 91.01 - 108.45 108.46- 145.15	Less than 81.31 81.31 - 102.15 102.16- 122.15 122.16- 162.50	7 5 4 3	45 - 54
65 - 74	Less than 66.46 66.46 - 83.45 83.46 - 100.15 100.16- 133.40	Less than 76.16 76.16 - 95.35 95.36 - 114.20 114.21- 152.25	Less than 85.31 85.31 - 107.20 107.21- 128.20 128.21- 171.10	7 5 4 3	55 - 64
75 - 84	Less than 70.11 70.11 - 88.00 88.01 - 105.15 105.16- 140.20	Less than 80.01 80.01 - 100.20 100.21- 120.00 120.01- 160.00	Less than 89.46 89.46 - 112.40 112.41- 134.45 134.46- 179.45	7 5 4 3	65+

## POINTS SCORE FOR 5000m SWIM

Times in minutes and seconds.

MENS AGE	FREESTYLE	BACKSTROKE	BREASTROKE	POINTS	WOMENS AGE
20 - 24	Less than 86.41 86.41 - 109.03 109.04- 130.57 130.58- 174.36	Less than 98.50 98.50 - 124.17 124.18- 149.17 149.18- 198.58	Less than 110.53 110.53- 139.31 139.32- 167.37 167.38- 223.25	10 8 7 6	
25 - 34	Less than 91.01 91.01 - 114.30 114.31- 137.30 137.31- 183.20	Less than 103.46 103.46- 130.30 130.31- 156.45 156.46- 208.55	Less than 116.26 116.26- 146.30 146.31- 176.00 176.01- 234.35	10 8 7 6	20 - 24
35 - 44	Less than 95.30 95.31 - 120.15 120.16- 144.15 144.16- 192.25	Less than 108.56 108.56- 137.00 137.01- 164.30 164.31- 219.25	Less than 122.21 122.21- 153.35 153.36- 184.45 184.46- 246.25	10 8 7 6	25 - 34
45 - 54	Less than 100.21 100.21- 126.15 126.16- 151.30 151.31- 202.05	Less than 114.21 114.21- 143.50 143.51- 172.45 172.46- 230.25	Less than 128.21 128.21- 161.30 161.31- 194.00 194.01- 258.40	10 8 7 6	35 - 44
55 - 64	Less than 105.21 105.21- 132.30 132.31- 159.15 159.16- 212.15	Less than 120.06 120.06- 151.05 151.06- 181.25 181.26- 241.55	Less than 134.46 134.46- 169.40 169.41- 203.40 203.41- 271.40	10 8 7 6	45 - 54
65 - 74	Less than 110.31 110.31- 139.10 139.11- 167.05 167.06- 222.45	Less than 126.06 126.06- 158.40 158.41- 190.30 190.31- 254.00	Less than 141.31 141.31- 178.05 178.06- 213.50 213.51- 285.10	10 8 7 6	55 - 64
75 - 84	Less than 116.06 116.06- 146.05 146.06- 175.25 175.26- 233.00	Less than 132.21 132.21- 166.30 166.31- 200.00 200.01- 266.40	Less than 148.26 148.26- 187.00 187.01- 224.40 224.41- 299.00	10 8 7 6	65+

POINTS SCORE FOR 1 HOUR SWIM

MENS AGE	FREESTYLE	BACKSTROKE	BREASTROKE	POINTS	WOMENS AGE
20 - 24	Less than 2300 2300 - 2800 2850 - 3150 3200 - 3350 3400 & Over	Less than 2000 2000 - 2450 2500 - 2750 2800 - 2950 3000 & Over	Less than 1700 1700 - 2050 2100 - 2300 2350 - 2500 2550 & Over	2 3 4 5 7	
25 - 34	Less than 2200 2200 - 2700 2750 - 3000 3050 - 3200 3250 & Over	Less than 1900 1900 - 2350 2400 - 2600 2650 - 2800 2850 & Over	Less than 1600 1600 - 1950 2000 - 2200 2250 - 2400 2450 & Over	2 3 4 5 7	20 - 24
35 - 44	Less than 2100 2100 - 2550 2600 - 2850 2900 - 3050 3100 & Over	Less than 1800 1800 - 2250 2300 - 2500 2550 - 2700 2750 & Over	Less than 1500 1500 - 1850 1900 - 2100 2150 - 2300 2350 & Over	2 3 4 5 7	25 - 34
45 - 54	Less than 2000 2000 - 2450 2500 - 2700 2750 - 2900 2950 & Over	Less than 1700 1700 - 2150 2200 - 2350 2400 - 2550 2600 & Over	Less than 1450 1450 - 1800 1850 - 2000 2050 - 2200 2250 & Over	2 3 4 5 7	35 - 44
55 - 64	Less than 1900 1900 - 2300 2350 - 2600 2650 - 2750 2800 & Over	Less than 1600 1600 - 2000 2050 - 2200 2250 - 2400 2450 & Over	Less than 1350 1350 - 1650 1700 - 1900 1950 - 2100 2150 & Over	2 3 4 5 7	45 - 54
65 - 74	Less than 1800 1800 - 2200 2250 - 2450 2500 - 2600 2650 & Over	Less than 1550 1550 - 1900 1950 - 2100 2150 - 2300 2350 & Over	Less than 1300 1300 - 1600 1650 - 1800 1850 - 1950 2000 & Over	2 3 4 5 7	55 - 64
75 - 84	Less than 1700 1700 - 2100 2150 - 2300 2350 - 2500 2550 & Over	Less than 1500 1500 - 1800 1850 - 2000 2050 - 2200 2250 & Over	Less than 1200 1200 - 1500 1550 - 1700 1750 - 1850 1900 & Over	2 3 4 5 7	65 +

Note: Distance is credited to the nearest 50m COMPLETED.  
e.g. Mens 20 - 24 Freestyle 3375 - 5 points.



AVERAGE TIMES

A METHOD OF OBTAINING THE AVERAGE OF FIVE SWIMS USING A CALCULATOR WITH A MEMORY.

(If no memory is available, simply write answer on paper.)

e.g.		9.33.00
		8.20.74
		8.15.30
SWIM TIMES	-	8.36.53
		8.48.30
		<u>          </u>
		MIN .SC.HUND.

STEP ONE: TOTAL MINUTES x 60

STEP TWO: MEMORY +

STEP THREE: CLEAR ENTRY

STEP FOUR: TOTAL SECONDS AND HUNDREDS

STEP FIVE: MEMORY +

STEP SIX: CLEAR ENTRY (At this stage answer in 'memory' is total of Sec. hund.)

STEP SEVEN: MEMORY RECALL

STEP EIGHT: DIVIDE 5 (At this stage answer is average of swims in Sec. hund.)

STEP NINE: DIVIDE 60 (At this stage answer is in minutes and fraction of a minute, expressed as a decimal.)

STEP TEN: WRITE DOWN MINUTES

STEP ELEVEN: MULTIPLY DECIMAL ONLY x 60 (This gives fraction of a minute expressed in Sec. Hund.)

Attempt No.	Award Year
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AUSSI NATIONAL AEROBIC TROPHY AWARD SWIMS - 400 METRES

1. Only one swimmer per form.
2. This form may be used for National Aerobic Trophy or National Award Badges.
3. If a National Award Badge is required, the appropriate fee must accompany this form.

SURNAME	FIRST NAME	DATE OF BIRTH	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
CLUB	REGISTRATION NO.	<input type="checkbox"/> AEROBIC AWARD POINTS <input type="checkbox"/> NATIONAL AWARD BADGE	

SWIM RECORDS - It is advisable to record times for each 100 metres to avoid error.

SWIM NO.	1	2	3	4	5
POOL LENGTH					
100 METRES					
200 METRES					
300 METRES					
TIME FOR 400 METRES					
DATE OF SWIM					
Name of Timekeeper					

NATIONAL AEROBIC TROPHY

SWIM STYLE	AVERAGE TIME FOR 5 SWIMS	AGE GROUP	POINTS	SIGNATURE CLUB RECORDER	CHECKED - BRANCH RECORDER
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NATIONAL AWARD BADGE

BADGE FEE RECEIVED	DATE BADGE ISSUED
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NATIONAL RECORDER                      RESULTS    COMPUTERISED                      RESULTS MANUAL -    POINTS    DATE



ATTEMPT NO.	AWARD YEAR
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## AUSSI NATIONAL AEROBIC TROPHY AWARD SWIMS - 800 METRES

1. Only one swimmer per form.
2. This form may be used for National Aerobic Trophy or National Award Badges.
3. If a National Award Badge is required, the appropriate fee must accompany this form.

SURNAME	FIRST NAME	DATE OF BIRTH	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
CLUB	REGISTRATION NO.	<input type="checkbox"/> AEROBIC AWARD POINTS <input type="checkbox"/> NATIONAL AWARD BADGE	

SWIM RECORDS - It is advisable to record times for each 100 metres to avoid error.

SWIM NO.	1	2	3	4	5
POOL LENGTH					
100 METRES					
200 METRES					
300 METRES					
400 METRES					
500 METRES					
600 METRES					
700 METRES					
TIME FOR 800 METRES					
DATE OF SWIM					
Name of Timekeeper					

## NATIONAL AEROBIC TROPHY

SWIM STYLE	AVERAGE TIME FOR 5 SWIMS	AGE GROUP	POINTS	SIGNATURE CLUB RECORDER	CHECKED- BRANCH RECORDER
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## NATIONAL AWARD BADGE

BADGE FEE RECEIVED	DATE BADGE ISSUED
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NATIONAL RECORDER	RESULTS COMPUTERISED	RESULTS MANUAL - POINTS	DATE
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ATTEMPT NO.	AWARD YEAR
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## AUSSI NATIONAL AEROBIC TROPHY AWARD SWIMS - 1500 METRES

1. Only one swimmer per form.
2. This form may be used for National Aerobic Trophy or National Award Badges.
3. If a National Badge is required, the appropriate fee must accompany this form.
4. See Rule 10 for Conditions of 1500 metre National Award Badge

SURNAME		FIRST NAME		DATE OF BIRTH		<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	
CLUB		REGISTRATION NO.		<input type="checkbox"/> AEROBIC AWARD POINTS <input type="checkbox"/> NATIONAL BADGE ATTEMPT		POOL LENGTH	
Swimmer's Target (Optional)				It is advisable to record times for each lap as swum			
100m	min	sec	800m	min	sec	100m	min
						sec	800m
							min
							sec
200m	min	sec	900m	min	sec	200m	min
						sec	900m
							min
							sec
300m	min	sec	1000m	min	sec	300m	min
						sec	1000m
							min
							sec
400m	min	sec	1100m	min	sec	400m	min
						sec	1100m
							min
							sec
500m	min	sec	1200m	min	sec	500m	min
						sec	1200m
							min
							sec
600m	min	sec	1300m	min	sec	600m	min
						sec	1300m
							min
							sec
700m	min	sec	1400m	min	sec	700m	min
						sec	1400m
							min
							sec
Target for 1500m - min sec				TIME FOR 1500m - min sec			
Name of Timekeeper				DATE OF SWIM			
NATIONAL AEROBIC TROPHY							
SWIM STYLE	AGE GROUP	POINTS	SIGNATURE CLUB RECORDER		CHECKED-BRANCH RECORDER		
NATIONAL AWARD BADGE							
I verify that this swimmer's fastest time						time to tenths of sec	
for 50 metres is:						Signature	
BADGE FEE RECEIVED				DATE BADGE ISSUED			
NATIONAL RECORDER		RESULTS COMPUTERISED		RESULTS MANUAL - POINTS		DATE	

## AUSSI NATIONAL AEROBIC TROPHY AWARD SWIMS - 3000 METRES

ATTEMPT NO.	AWARD YEAR
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1. Only one swimmer per form.
2. This form may be used for National Aerobic Trophy or National Award Badges.
3. If a National Badge is required, the appropriate fee must accompany this form.
4. Remember all Aerobic swims must be continuous swimming.

SURNAME	FIRST NAME	DATE OF BIRTH	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
CLUB	REGISTRATION NO.	<input type="checkbox"/> AEROBIC AWARD POINTS <input type="checkbox"/> NATIONAL BADGE ATTEMPT	POOL LENGTH

SWIM RECORDS - It is advisable to record times for each 100 metres to avoid error.

100m	hr	min	sec	1100m	hr	min	sec	2100m	hr	min	sec
200m	hr	min	sec	1200m	hr	min	sec	2200m	hr	min	sec
300m	hr	min	sec	1300m	hr	min	sec	2300m	hr	min	sec
400m	hr	min	sec	1400m	hr	min	sec	2400m	hr	min	sec
500m	hr	min	sec	1500m	hr	min	sec	2500m	hr	min	sec
600m	hr	min	sec	1600m	hr	min	sec	2600m	hr	min	sec
700m	hr	min	sec	1700m	hr	min	sec	2700m	hr	min	sec
800m	hr	min	sec	1800m	hr	min	sec	2800m	hr	min	sec
900m	hr	min	sec	1900m	hr	min	sec	2900m	hr	min	sec
1000m	hr	min	sec	2000m	hr	min	sec	TIME FOR 3000m.	hr	min	sec

Name of Timekeeper

DATE OF SWIM

## NATIONAL AEROBIC TROPHY

SWIM STYLE	AGE GROUP	POINTS	SIGNATURE CLUB RECORDER	CHECKED-BRANCH RECORDER
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## NATIONAL AWARD BADGE

BADGE FEE RECEIVED	DATE BADGE ISSUED
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NATIONAL RECORDER

RESULTS COMPUTERISED

RESULTS MANUAL - POINTS

DATE

## AUSSI NATIONAL AEROBIC TROPHY AWARD SWIMS - 5000 METRES

ATTEMPT NO.	AWARD YEAR
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1. Only one swimmer per form.
2. This form may be used for National Aerobic Trophy or National Award Badges.
3. If a National Badge is required, the appropriate fee must accompany this form.
4. Remember all Aerobic swims must be continuous swimming.

SURNAME	FIRST NAME	DATE OF BIRTH	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
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CLUB	REGISTRATION NO.	<input type="checkbox"/> AEROBIC AWARD POINTS <input type="checkbox"/> NATIONAL BADGE ATTEMPT	POOL LENGTH
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100m	hr	min	sec	1800m	hr	min	sec	3500m	hr	min	sec
200m	hr	min	sec	1900m	hr	min	sec	3600m	hr	min	sec
300m	hr	min	sec	2000m	hr	min	sec	3700m	hr	min	sec
400m	hr	min	sec	2100m	hr	min	sec	3800m	hr	min	sec
500m	hr	min	sec	2200m	hr	min	sec	3900m	hr	min	sec
600m	hr	min	sec	2300m	hr	min	sec	4000m	hr	min	sec
700m	hr	min	sec	2400m	hr	min	sec	4100m	hr	min	sec
800m	hr	min	sec	2500m	hr	min	sec	4200m	hr	min	sec
900m	hr	min	sec	2600m	hr	min	sec	4300m	hr	min	sec
1000m	hr	min	sec	2700m	hr	min	sec	4400m	hr	min	sec
1100m	hr	min	sec	2800m	hr	min	sec	4500m	hr	min	sec
1200m	hr	min	sec	2900m	hr	min	sec	4600m	hr	min	sec
1300m	hr	min	sec	3000m	hr	min	sec	4700m	hr	min	sec
1400m	hr	min	sec	3100m	hr	min	sec	4800m	hr	min	sec
1500m	hr	min	sec	3200m	hr	min	sec	4900m	hr	min	sec
1600m	hr	min	sec	3300m	hr	min	sec	TIME FOR 5000 METRES			
1700m	hr	min	sec	3400m	hr	min	sec		hr	min	sec

Name of Timekeeper	DATE OF SWIM
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## NATIONAL AEROBIC TROPHY

SWIM STYLE	AGE GROUP	POINTS	SIGNATURE CLUB RECORDER	CHECKED-BRANCH RECORDER
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## NATIONAL AWARD BADGE

BADGE FEE RECEIVED	DATE BADGE ISSUED
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NATIONAL RECORDER	RESULTS COMPUTERISED	RESULTS MANUAL - POINTS	DATE
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ATTEMPT NO.	AWARD YEAR
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## AUSSI NATIONAL AEROBIC TROPHY AWARD SWIMS - 1 HOUR

1. Only one swimmer per form.
2. This form may be used for National Aerobic Trophy or National Award Badges.
3. If a National Badge is required, the appropriate fee must accompany this form.
4. Distance credited is to be the nearest 50 metres completed within the hour.
5. Remember all Aerobic swims must be continuous swimming.

SURNAME	FIRST NAME	DATE OF BIRTH	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
CLUB	REGISTRATION NO.	<input type="checkbox"/> AEROBIC AWARD POINTS <input type="checkbox"/> NATIONAL BADGE ATTEMPT	POOL LENGTH

CHECK TABLE Each square to be marked  on completion of each lap of the pool.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69
70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92
93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115
116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138
139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161
162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184
185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207
208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230

No. of completed laps	Length per lap	TOTAL DISTANCE SWUM
Name of lap counter		DATE OF SWIM

NATIONAL AEROBIC TROPHY				
SWIM STYLE	AGE GROUP	POINTS	SIGNATURE CLUB RECORDER	CHECKED-BRANCH RECORDER
NATIONAL AWARD BADGE				
BADGE FEE RECEIVED		DATE BADGE ISSUED		
NATIONAL RECORDER	RESULTS COMPUTERISED	RESULTS MANUAL	- POINTS	DATE



Name: \_\_\_\_\_

# AEROBIC TROPHY SWIMS

## Personal Record Sheet



Record time taken for each swim as completed.  
Complete as many swims as possible and add  
variety to your training while gaining points  
for your club towards the Aerobic Trophy.

Name:

[illegible]