



## **1km Challenge**

## General Information:

The 1km Challenge is an excellent way to gauge your aerobic fitness. As the shortest of the three long distance challenges the one kilometer distance requires the least amount of time to complete, and can easily be performed as part of a regular one hour workout. A one kilometer swim is also a good way to determine your maximum sustainable pace, which is the maximum speed you can swim without starting to accumulate lactic acid. It is useful to know this pace when setting intervals for workouts: if you want to primarily train your aerobic system you need to set an interval at or below this pace, if you want to train your anaerobic system you need to set an interval above this pace.

A one kilometer swim can also be useful feedback on the efficiency of your stroke. For a given level of aerobic fitness, improvements in efficiency will raise your maximum sustainable pace.

The 1km Challenge is a useful club development program for a number of reasons. An important aspect is that anyone can participate - the stress some swimmers associate with competition need not be present. Swimmers can swim any stroke and may stop to rest if they like, as long as the entire distance is completed by swimming (no walking!). Swimmers can perform their swims individually or with others, whichever they prefer. The program can also give focus to team training early in the season and provide feedback on training progress as the year goes on.

## 1km Event:

The 1km challenge is a continuous 1km pool swim that is conducted by members of Masters Swimming Canada with their home swim club, or on their own. You may upload your own results to the Masters Swimming Canada webpage at [www.mymisc.ca](http://www.mymisc.ca) or have a team member do it for you. You can choose to pull, kick or swim (any stroke) the 1km. If you do choose to swim stroke, you must do the complete 1km the same stroke or I.M. (250m of each stroke in the medley order).

The event shall take place anytime during the swim season (September-June); results must be submitted no later than June 15<sup>th</sup>. As results are received they will be posted.

Results for the 1km event will be posted by age group, stroke and Province; certificates will be distributed nationally to everyone that completes the 1km swim and submits "official" results.

## Why Should I Participate?

- ✓ Excellent way to measure your aerobic fitness.
- ✓ Great way to determine your maximum sustainable pace (maximum speed you can swim without starting to accumulate lactic acid); this is useful in determining your pace when setting intervals for workouts.
- ✓ Useful feedback can be determined on your stroke efficiency.
- ✓ You can use this event to set a new goal; this may help make your time spent in the pool more exciting, interesting and challenging!
- ✓ Swimming is proven to improve muscle strength, endurance, body tone, weight loss and overall mental and physical health.

## Event Timelines:

<b>SUGGESTED DATES</b>	<b>ACTIVITY</b>	<b>NOTES</b>
September-April	Event Promotions	MSC & PMO's will promote the event throughout their jurisdictions
September 1 <sup>st</sup> - June 15 <sup>th</sup>	Events take place at home club	Using required minimum guidelines
June 15 <sup>th</sup>	Deadline to submit Results	Results can be loaded directly into the MSC site or they can email h-y-tek/splash results file.
June 20 <sup>th</sup>	Results posted by age group/gender	Results would be posted on MSC webpage
June 25 <sup>th</sup>	Awards recognition	Certificates mailed to club reps & photos displayed on MSC webpage

## Athlete Eligibility:

- All athletes must be registered with Masters Swimming Canada

## Age Determining Date:

- December 31<sup>st</sup> of the current year that the event takes place

## Age Groups for Posting Results:

- 18-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-89
- 90-94
- 95-99
- 100+

## Events:

- 1km Butterfly
- 1km Backstroke
- 1km Breaststroke
- 1km Freestyle
- 1km Individual Medley (250m Butterfly, 250m Backstroke, 250m Breaststroke, 250m Freestyle)
- 1km Pull
- 1km Kick with Fins
- 1km Kick

## Pool Size:

- Events must be swum in a pool at least 25 yards in length

## Event Organization for Official Results:

- Promote the event at your pool, webpage, newsletter, etc.
- Select a date/time for event
- Complete the event
- Record all times, including 100m splits
- Submit results via Splash or Hy-tek (email) or input the data directly on Mymisc.ca

## Volunteers for Official Results:

- A results form is available at <http://mymisc.ca/ChallengeSplitsForm.jsp?distance=1000>
- 100m splits and the final time must be recorded and submitted.

## Non-Official Results (no splits):

- Complete the 1km on your own.
- Submit your final result time to MSC.
- Results will be displayed as exhibition "x" beside swimmers name.

## Event Promotion:

- Masters Swimming Canada (MSC) will promote the event on the MSC webpage.
- MSC will distribute an information package and results template to each Provincial Masters Office (PMO).
- MSC will distribute promotional flyers/brochures to each PMO.
- A request will be made to each PMO to promote the event on their webpage and in their newsletters.
- MSC will send images of the event logo to all PMO's.

## **Awards & Recognition**

Certificates for each member that completes the Pace in Cyberspace will be mailed to each Club or PMO, or can be downloaded from the MSC webpage.

Certificates will be awarded to swimmers that complete the event within the following times:

Bronze- 46:00+

Silver- 30:00-45:59

Gold- 16:00-29:59

Platinum- 15:59 or faster

Platinum recipients who submit their photo will have it displayed on the MSC webpage.

*Sample certificate attached.*

T-Shirts will be available for purchase at a cost of \$10 each:

*I Swam the 1km Challenge  
XStroke!*

