

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 20 - 24 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 5.46	< 6.55	< 7.40	< 8.04	< 7.06	10
	5.46 < 6.27	6.55 < 7.44	7.40 < 8.34	8.04 < 9.02	7.06 < 7.56	8
	6.27 < 7.08	7.44 < 8.34	8.34 < 9.29	9.02 < 9.59	7.56 < 8.46	6
	7.08 < 7.49	8.34 < 9.23	9.29 < 10.24	9.59 < 10.57	8.46 < 9.37	4
	7.49 < 8.31	9.23 < 10.13	10.24 < 11.19	10.57 < 11.55	9.37 < 10.28	2
	8.31 +	10.13 +	11.19 +	11.55 +	10.28 +	1
800 m	< 12.26	< 14.41	< 16.16	< 17.07	< 15.44	20
	12.26 < 13.54	14.41 < 16.26	16.16 < 18.11	17.07 < 19.09	15.44 < 17.35	16
	13.54 < 15.23	16.26 < 18.11	18.11 < 20.07	19.09 < 21.11	17.35 < 19.28	12
	15.23 < 16.51	18.11 < 19.56	20.07 < 22.03	21.11 < 23.13	19.28 < 21.20	9
	16.51 < 18.21	19.56 < 21.41	22.03 < 24.00	23.13 < 25.16	21.20 < 23.13	6
	18.21 +	21.41 +	24.00 +	25.16 +	23.13 +	3
1500 m	< 23.54	< 28.46	< 31.51			15
	23.54 < 26.44	28.46 < 32.10	31.51 < 35.38			12
	26.44 < 29.35	32.10 < 35.36	35.38 < 39.25			9
	29.35 < 32.26	35.36 < 39.01	39.25 < 43.12			6
	32.26 < 35.17	39.01 < 42.27	43.12 < 47.00			4
	35.17 +	42.27 +	47.00 +			2
1/2 Hour	<= 1275	<= 1075	<= 950			2
	1300 - 1400	1100 - 1175	975 - 1050			4
	1425 - 1550	1200 - 1300	1075 - 1175			6
	1575 - 1700	1325 - 1425	1200 - 1275	< Denotes "less than"		9
	1725 - 1850	1450 - 1550	1300 - 1400			12
	1875 +	1575 +	1425 +			15
3/4 Hour	<= 1775	<= 1500	<= 1325	+ Denotes "equal to" or "greater than"		3
	1800 - 2000	1525 - 1675	1350 - 1500			6
	2025 - 2225	1700 - 1875	1525 - 1675			9
	2250 - 2450	1900 - 2050	1700 - 1850			12
	2475 - 2700	2075 - 2250	1875 - 2025			15
	2725 +	2275 +	2050 +			20
1 Hour	<= 2300	<= 1925	<= 1725			4
	2325 - 2600	1950 - 2175	1750 - 1950			8
	2625 - 2925	2200 - 2425	1975 - 2175			13
	2950 - 3225	2450 - 2675	2200 - 2400			18
	3250 - 3550	2700 - 2950	2425 - 2650			24
	3575 +	2975 +	2675 +			30