

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 25 - 29 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---------------|---------------|---------------|---|---------------|------|
| 400 m | < 5.53 | < 7.04 | < 7.50 | < 8.14 | < 7.14 | 10 |
| | 5.53 < 6.35 | 7.04 < 7.54 | 7.50 < 8.45 | 8.14 < 9.13 | 7.14 < 8.05 | 8 |
| | 6.35 < 7.17 | 7.54 < 8.44 | 8.45 < 9.41 | 9.13 < 10.11 | 8.05 < 8.57 | 6 |
| | 7.17 < 7.59 | 8.44 < 9.34 | 9.41 < 10.37 | 10.11 < 11.10 | 8.57 < 9.49 | 4 |
| | 7.59 < 8.41 | 9.34 < 10.25 | 10.37 < 11.33 | 11.10 < 12.10 | 9.49 < 10.41 | 2 |
| | 8.41 + | 10.25 + | 11.33 + | 12.10 + | 10.41 + | 1 |
| 800 m | < 12.41 | < 14.60 | < 16.36 | < 17.28 | < 16.03 | 20 |
| | 12.41 < 14.11 | 14.60 < 16.46 | 16.36 < 18.26 | 17.28 < 19.32 | 16.03 < 17.57 | 16 |
| | 14.11 < 15.42 | 16.46 < 18.33 | 18.26 < 20.17 | 19.32 < 21.37 | 17.57 < 19.52 | 12 |
| | 15.42 < 17.12 | 18.33 < 20.20 | 20.17 < 22.08 | 21.37 < 23.42 | 19.52 < 21.46 | 9 |
| | 17.12 < 18.43 | 20.20 < 22.08 | 22.08 < 24.00 | 23.42 < 25.47 | 21.46 < 23.41 | 6 |
| | 18.43 + | 22.08 + | 24.00 + | 25.47 + | 23.41 + | 3 |
| 1500 m | < 24.24 | < 29.21 | < 32.30 | | | 15 |
| | 24.24 < 27.17 | 29.21 < 32.50 | 32.30 < 36.21 | | | 12 |
| | 27.17 < 30.11 | 32.50 < 36.20 | 36.21 < 40.13 | | | 9 |
| | 30.11 < 33.06 | 36.20 < 39.49 | 40.13 < 44.05 | | | 6 |
| | 33.06 < 36.00 | 39.49 < 43.19 | 44.05 < 47.58 | | | 4 |
| | 36.00 + | 43.19 + | 47.58 + | | | 2 |
| 1/2 Hour | <= 1250 | <= 1050 | <= 950 | | | 2 |
| | 1275 - 1375 | 1075 - 1150 | 975 - 1050 | | | 4 |
| | 1400 - 1525 | 1175 - 1275 | 1075 - 1150 | | | 6 |
| | 1550 - 1675 | 1300 - 1375 | 1175 - 1250 | < Denotes "less than" | | 9 |
| | 1700 - 1825 | 1400 - 1500 | 1275 - 1350 | | | 12 |
| | 1850 + | 1525 + | 1375 + | | | 15 |
| 3/4 Hour | <= 1750 | <= 1450 | <= 1325 | + Denotes "equal to" or "greater than" | | 3 |
| | 1775 - 1975 | 1475 - 1625 | 1350 - 1475 | | | 6 |
| | 2000 - 2200 | 1650 - 1825 | 1500 - 1650 | | | 9 |
| | 2225 - 2425 | 1850 - 2000 | 1675 - 1800 | | | 12 |
| | 2450 - 2650 | 2025 - 2200 | 1825 - 1975 | | | 15 |
| | 2675 + | 2225 + | 2000 + | | | 20 |
| 1 Hour | <= 2250 | <= 1875 | <= 1700 | | | 4 |
| | 2275 - 2550 | 1900 - 2125 | 1725 - 1925 | | | 8 |
| | 2575 - 2850 | 2150 - 2375 | 1950 - 2150 | | | 13 |
| | 2875 - 3150 | 2400 - 2625 | 2175 - 2375 | | | 18 |
| | 3175 - 3475 | 2650 - 2900 | 2400 - 2600 | | | 24 |
| | 3500 + | 2925 + | 2625 + | | | 30 |