

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 30 - 34 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.01	< 7.13	< 8.00	< 8.25	< 7.24	10
	6.01 < 6.43	7.13 < 8.04	8.00 < 8.57	8.25 < 9.25	7.24 < 8.16	8
	6.43 < 7.26	8.04 < 8.56	8.57 < 9.54	9.25 < 10.25	8.16 < 9.09	6
	7.26 < 8.09	8.56 < 9.47	9.54 < 10.51	10.25 < 11.25	9.09 < 10.02	4
	8.09 < 8.53	9.47 < 10.39	10.51 < 11.48	11.25 < 12.25	10.02 < 10.55	2
8.53 +	10.39 +	11.49 +	12.26 +	10.55 +	1	
800 m	< 12.58	< 15.20	< 16.58	< 17.51	< 16.24	20
	12.58 < 14.30	15.20 < 17.09	16.58 < 18.58	17.51 < 19.58	16.24 < 18.21	16
	14.30 < 16.03	17.09 < 18.58	18.58 < 20.58	19.58 < 22.06	18.21 < 20.18	12
	16.03 < 17.35	18.58 < 20.48	20.58 < 22.59	22.06 < 24.13	20.18 < 22.15	9
	17.35 < 19.08	20.48 < 22.37	22.59 < 25.00	24.13 < 26.21	22.15 < 24.12	6
19.08 +	22.37 +	25.00 +	26.21 +	24.13 +	3	
1500 m	< 24.56	< 30.00	< 33.13			15
	24.56 < 27.54	30.00 < 33.34	33.13 < 37.10			12
	27.54 < 30.52	33.34 < 37.08	37.10 < 41.07			9
	30.52 < 33.50	37.08 < 40.43	41.07 < 45.05			6
	33.50 < 36.48	40.43 < 44.17	45.05 < 49.02			4
36.49 +	44.17 +	49.02 +			2	
1/2 Hour	<= 1225	<= 1025	<= 925			2
	1250 - 1350	1050 - 1125	950 - 1025			4
	1375 - 1500	1150 - 1250	1050 - 1125			6
	1525 - 1625	1275 - 1350	1150 - 1225	< Denotes "less than"		9
	1650 - 1775	1375 - 1475	1250 - 1325			12
1800 +	1500 +	1350 +			15	
3/4 Hour	<= 1725	<= 1425	<= 1275	+ Denotes "equal to"		3
	1750 - 1925	1450 - 1600	1300 - 1425	or "greater than"		6
	1950 - 2150	1625 - 1775	1450 - 1600			9
	2175 - 2350	1800 - 1950	1625 - 1750			12
	2375 - 2575	1975 - 2150	1775 - 1925			15
2600 +	2175 +	1950 +			20	
1 Hour	<= 2225	<= 1825	<= 1650			4
	2250 - 2500	1850 - 2075	1675 - 1875			8
	2525 - 2800	2100 - 2325	1900 - 2100			13
	2825 - 3100	2350 - 2575	2125 - 2325			18
	3125 - 3400	2600 - 2825	2350 - 2550			24
3425 +	2850 +	2575 +			30	