

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 35 - 39 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.10	< 7.24	< 8.12	< 8.38	< 7.35	10
	6.10 < 6.54	7.24 < 8.16	8.12 < 9.10	8.38 < 9.39	7.35 < 8.29	8
	6.54 < 7.38	8.16 < 9.09	9.10 < 10.09	9.39 < 10.41	8.29 < 9.23	6
	7.38 < 8.22	9.09 < 10.02	10.09 < 11.07	10.41 < 11.42	9.23 < 10.17	4
	8.22 < 9.06	10.02 < 10.55	11.07 < 12.06	11.42 < 12.45	10.17 < 11.12	2
9.06 +	10.55 +	12.06 +	12.45 +	11.12 +	1	
800 m	< 13.17	< 15.43	< 17.23	< 18.18	< 16.49	20
	13.17 < 14.52	15.43 < 17.34	17.23 < 19.17	18.18 < 20.28	16.49 < 18.49	16
	14.52 < 16.27	17.34 < 19.26	19.17 < 21.11	20.28 < 22.39	18.49 < 20.49	12
	16.27 < 18.02	19.26 < 21.19	21.11 < 23.05	22.39 < 24.50	20.49 < 22.49	9
	18.02 < 19.37	21.19 < 23.11	23.05 < 25.00	24.50 < 27.01	22.49 < 24.49	6
19.37 +	23.11 +	25.00 +	27.01 +	24.49 +	3	
1500 m	< 25.34	< 30.45	< 34.03			15
	25.34 < 28.36	30.45 < 34.24	34.03 < 38.06			12
	28.36 < 31.38	34.24 < 38.04	38.06 < 42.09			9
	31.38 < 34.41	38.04 < 41.44	42.09 < 46.12			6
	34.41 < 37.44	41.44 < 45.24	46.12 < 50.16			4
37.44 +	45.24 +	50.16 +			2	
1/2 Hour	<= 1200	<= 1000	<= 900			2
	1225 - 1325	1025 - 1100	925 - 1000			4
	1350 - 1450	1125 - 1225	1025 - 1100			6
	1475 - 1575	1250 - 1325	1125 - 1200	< Denotes "less than"		9
	1600 - 1725	1350 - 1450	1225 - 1300			12
1750 +	1475 +	1325 +			15	
3/4 Hour	<= 1675	<= 1400	<= 1250	+ Denotes "equal to" or "greater than"		3
	1700 - 1875	1425 - 1575	1275 - 1400			6
	1900 - 2100	1600 - 1750	1425 - 1550			9
	2125 - 2300	1775 - 1925	1575 - 1700			12
	2325 - 2525	1950 - 2100	1725 - 1875			15
2550 +	2125 +	1900 +			20	
1 Hour	<= 2175	<= 1800	<= 1625			4
	2200 - 2450	1825 - 2025	1650 - 1825			8
	2475 - 2750	2050 - 2275	1850 - 2050			13
	2775 - 3025	2300 - 2500	2075 - 2250			18
	3050 - 3325	2525 - 2750	2275 - 2475			24
3350 +	2775 +	2500 +			30	