

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 40 - 44 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.21	< 7.37	< 8.27	< 8.53	< 7.49	10
	6.21 < 7.06	7.37 < 8.31	8.27 < 9.27	8.53 < 9.56	7.49 < 8.44	8
	7.06 < 7.51	8.31 < 9.26	9.27 < 10.27	9.56 < 11.00	8.44 < 9.40	6
	7.51 < 8.37	9.26 < 10.20	10.27 < 11.27	11.00 < 12.03	9.40 < 10.35	4
	8.37 < 9.22	10.20 < 11.15	11.27 < 12.28	12.03 < 13.07	10.35 < 11.32	2
	9.22 +	11.15 +	12.28 +	13.07 +	11.32 +	1
800 m	< 13.41	< 16.11	< 17.54	< 18.51	< 17.19	20
	13.41 < 15.18	16.11 < 18.06	17.54 < 19.55	18.51 < 21.05	17.19 < 19.22	16
	15.18 < 16.56	18.06 < 20.01	19.55 < 21.57	21.05 < 23.19	19.22 < 21.26	12
	16.56 < 18.34	20.01 < 21.57	21.57 < 23.58	23.19 < 25.34	21.26 < 23.29	9
	18.34 < 20.12	21.57 < 23.53	23.58 < 26.00	25.34 < 27.49	23.29 < 25.33	6
	20.12 +	23.53 +	26.00 +	27.49 +	25.33 +	3
1500 m	< 26.19	< 31.40	< 35.04			15
	26.19 < 29.27	31.40 < 35.26	35.04 < 39.14			12
	29.27 < 32.35	35.26 < 39.12	39.14 < 43.24			9
	32.35 < 35.43	39.12 < 42.58	43.24 < 47.35			6
	35.43 < 38.51	42.58 < 46.45	47.35 < 51.45			4
	38.51 +	46.45 +	51.45 +			2
1/2 Hour	<= 1175	<= 975	<= 875			2
	1200 - 1300	1000 - 1075	900 - 950			4
	1325 - 1425	1100 - 1175	975 - 1050			6
	1450 - 1550	1200 - 1275	1075 - 1150	< Denotes "less than"		9
	1575 - 1675	1300 - 1400	1175 - 1250			12
	1700 +	1425 +	1275 +			15
3/4 Hour	<= 1625	<= 1350	<= 1225	+ Denotes "equal to" or "greater than"		3
	1650 - 1825	1375 - 1500	1250 - 1375			6
	1850 - 2025	1525 - 1675	1400 - 1525			9
	2050 - 2225	1700 - 1850	1550 - 1675			12
	2250 - 2450	1875 - 2025	1700 - 1825			15
	2475 +	2050 +	1850 +			20
1 Hour	<= 2100	<= 1750	<= 1575			4
	2125 - 2375	1775 - 1975	1600 - 1775			8
	2400 - 2650	2000 - 2200	1800 - 2000			13
	2675 - 2925	2225 - 2425	2025 - 2200			18
	2950 - 3225	2450 - 2675	2225 - 2425			24
	3250 +	2700 +	2450 +			30