

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 45 - 49 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.34	< 7.53	< 8.44	< 9.12	< 8.05	10
	6.34 < 7.20	7.53 < 8.49	8.44 < 9.46	9.12 < 10.17	8.05 < 9.02	8
	7.20 < 8.07	8.49 < 9.45	9.46 < 10.48	10.17 < 11.22	9.02 < 9.59	6
	8.07 < 8.54	9.45 < 10.41	10.48 < 11.51	11.22 < 12.28	9.59 < 10.57	4
	8.54 < 9.42	10.41 < 11.38	11.51 < 12.53	12.28 < 13.34	10.57 < 11.55	2
	9.42 +	11.38 +	12.53 +	13.34 +	11.55 +	1
800 m	< 14.09	< 16.44	< 18.31	< 19.29	< 17.54	20
	14.09 < 15.50	16.44 < 18.43	18.31 < 20.38	19.29 < 21.48	17.54 < 20.02	16
	15.50 < 17.31	18.43 < 20.42	20.38 < 22.45	21.48 < 24.07	20.02 < 22.10	12
	17.31 < 19.12	20.42 < 22.42	22.45 < 24.52	24.07 < 26.26	22.10 < 24.17	9
	19.12 < 20.53	22.42 < 24.42	24.52 < 27.00	26.26 < 28.46	24.17 < 26.26	6
	20.53 +	24.42 +	27.00 +	28.46 +	26.26 +	3
1500 m	< 27.13	< 32.45	< 36.16			15
	27.13 < 30.27	32.45 < 36.38	36.16 < 40.34			12
	30.27 < 33.41	36.38 < 40.32	40.34 < 44.53			9
	33.41 < 36.56	40.32 < 44.26	44.53 < 49.12			6
	36.56 < 40.10	44.26 < 48.20	49.12 < 53.31			4
	40.10 +	48.20 +	53.31 +			2
1/2 Hour	<= 1125	<= 925	<= 850			2
	1150 - 1250	950 - 1025	875 - 925			4
	1275 - 1375	1050 - 1125	950 - 1025			6
	1400 - 1500	1150 - 1225	1050 - 1125	< Denotes "less than"		9
	1525 - 1625	1250 - 1350	1150 - 1225			12
	1650 +	1375 +	1250 +			15
3/4 Hour	<= 1575	<= 1300	<= 1175	+ Denotes "equal to" or "greater than"		3
	1600 - 1775	1325 - 1450	1200 - 1325			6
	1800 - 1975	1475 - 1625	1350 - 1475			9
	2000 - 2175	1650 - 1775	1500 - 1625			12
	2200 - 2375	1800 - 1950	1650 - 1775			15
	2400 +	1975 +	1800 +			20
1 Hour	<= 2025	<= 1675	<= 1525			4
	2050 - 2300	1700 - 1900	1550 - 1725			8
	2325 - 2575	1925 - 2125	1750 - 1925			13
	2600 - 2850	2150 - 2350	1950 - 2125			18
	2875 - 3125	2375 - 2575	2150 - 2325			24
	3150 +	2600 +	2350 +			30