

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 50 - 54 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.49	< 8.11	< 9.04	< 9.33	< 8.23	10
	6.49 < 7.37	8.11 < 9.09	9.04 < 10.08	9.33 < 10.40	8.23 < 9.23	8
	7.37 < 8.26	9.09 < 10.07	10.08 < 11.13	10.40 < 11.49	9.23 < 10.22	6
	8.26 < 9.15	10.07 < 11.06	11.13 < 12.18	11.49 < 12.57	10.22 < 11.22	4
	9.15 < 10.04	11.06 < 12.05	12.18 < 13.23	12.57 < 14.05	11.22 < 12.23	2
	10.04 +	12.05 +	13.23 +	14.05 +	12.23 +	1
800 m	< 14.42	< 17.22	< 19.13	< 20.14	< 18.36	20
	14.42 < 16.26	17.22 < 19.26	19.13 < 21.25	20.14 < 22.38	18.36 < 20.48	16
	16.26 < 18.11	19.26 < 21.30	21.25 < 23.36	22.38 < 25.03	20.48 < 23.01	12
	18.11 < 19.56	21.30 < 23.34	23.36 < 25.48	25.03 < 27.27	23.01 < 25.13	9
	19.56 < 21.41	23.34 < 25.38	25.48 < 28.00	27.27 < 29.52	25.13 < 27.27	6
	21.41 +	25.38 +	28.00 +	29.52 +	27.27 +	3
1500 m	< 28.16	< 34.00	< 37.39			15
	28.16 < 31.37	34.00 < 38.03	37.39 < 42.07			12
	31.37 < 34.59	38.03 < 42.05	42.07 < 46.36			9
	34.59 < 38.21	42.05 < 46.08	46.36 < 51.05			6
	38.21 < 41.43	46.08 < 50.11	51.05 < 55.34			4
	41.43 +	50.11 +	55.34 +			2
1/2 Hour	<= 1075	<= 900	<= 825			2
	1100 - 1200	925 - 1000	850 - 900			4
	1225 - 1325	1025 - 1100	925 - 1000			6
	1350 - 1450	1125 - 1200	1025 - 1075	< Denotes "less than"		9
	1475 - 1575	1225 - 1300	1100 - 1175			12
	1600 +	1325 +	1200 +			15
3/4 Hour	<= 1500	<= 1250	<= 1150	+ Denotes "equal to" or "greater than"		3
	1525 - 1675	1275 - 1400	1175 - 1275			6
	1700 - 1875	1425 - 1575	1300 - 1425			9
	1900 - 2075	1600 - 1725	1450 - 1550			12
	2100 - 2275	1750 - 1900	1575 - 1700			15
	2300 +	1925 +	1725 +			20
1 Hour	<= 1950	<= 1625	<= 1475			4
	1975 - 2200	1650 - 1825	1500 - 1650			8
	2225 - 2475	1850 - 2050	1675 - 1850			13
	2500 - 2725	2075 - 2275	1875 - 2050			18
	2750 - 3000	2300 - 2500	2075 - 2250			24
	3025 +	2525 +	2275 +			30