

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 55 - 59 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.08	< 8.55	< 9.29	< 10.42	< 8.55	10
	7.08 < 7.59	8.55 < 9.59	9.29 < 10.37	10.42 < 11.58	8.55 < 9.59	8
	7.59 < 8.50	9.59 < 11.02	10.37 < 11.45	11.58 < 13.15	9.59 < 11.02	6
	8.50 < 9.41	11.02 < 12.06	11.45 < 12.52	13.15 < 14.31	11.02 < 12.06	4
	9.41 < 10.32	12.06 < 13.10	12.52 < 14.00	14.31 < 15.48	12.06 < 13.10	2
	10.32 +	13.10 +	14.00 +	15.48 +	13.10 +	1
800 m	< 15.22	< 18.56	< 20.07	< 22.41	< 19.46	20
	15.22 < 17.12	18.56 < 21.11	20.07 < 22.30	22.41 < 25.23	19.46 < 22.07	16
	17.12 < 19.02	21.11 < 23.26	22.30 < 24.54	25.23 < 28.05	22.07 < 24.28	12
	19.02 < 20.52	23.26 < 25.41	24.54 < 27.18	28.05 < 30.47	24.28 < 26.50	9
	20.52 < 22.41	25.41 < 27.56	27.18 < 29.41	30.47 < 33.29	26.50 < 29.11	6
	22.41 +	27.56 +	29.41 +	33.29 +	29.11 +	3
1500 m	< 29.34	< 37.03	< 39.23			15
	29.34 < 33.05	37.03 < 41.28	39.23 < 44.05			12
	33.05 < 36.36	41.28 < 45.53	44.05 < 48.46			9
	36.36 < 40.07	45.53 < 50.17	48.46 < 53.27			6
	40.07 < 43.39	50.17 < 54.42	53.27 < 58.09			4
	43.39 +	54.42 +	58.09 +			2
1/2 Hour	<= 1025	<= 825	<= 775			2
	1050 - 1125	850 - 900	800 - 850			4
	1150 - 1250	925 - 1000	875 - 950			6
	1275 - 1375	1025 - 1100	975 - 1025	< Denotes "less than"		9
	1400 - 1500	1125 - 1200	1050 - 1125			12
	1525 +	1225 +	1150 +			15
3/4 Hour	<= 1450	<= 1150	<= 1075	+ Denotes "equal to" or "greater than"		3
	1475 - 1625	1175 - 1275	1100 - 1200			6
	1650 - 1800	1300 - 1425	1225 - 1350			9
	1825 - 1975	1450 - 1575	1375 - 1475			12
	2000 - 2175	1600 - 1725	1500 - 1625			15
	2200 +	1750 +	1650 +			20
1 Hour	<= 1875	<= 1500	<= 1400			4
	1900 - 2125	1525 - 1675	1425 - 1575			8
	2150 - 2375	1700 - 1875	1600 - 1775			13
	2400 - 2625	1900 - 2075	1800 - 1950			18
	2650 - 2875	2100 - 2275	1975 - 2150			24
	2900 +	2300 +	2175 +			30