

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 60 - 64 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---------------|---------------|---------------|---|---------------|------|
| 400 m | < 7.30 | < 9.23 | < 9.59 | < 11.15 | < 9.23 | 10 |
| | 7.30 < 8.24 | 9.23 < 10.29 | 9.59 < 11.10 | 11.15 < 12.35 | 9.23 < 10.29 | 8 |
| | 8.24 < 9.17 | 10.29 < 11.36 | 11.10 < 12.21 | 12.35 < 13.56 | 10.29 < 11.36 | 6 |
| | 9.17 < 10.11 | 11.36 < 12.43 | 12.21 < 13.32 | 13.56 < 15.16 | 11.36 < 12.43 | 4 |
| | 10.11 < 11.04 | 12.43 < 13.50 | 13.32 < 14.43 | 15.16 < 16.36 | 12.43 < 13.50 | 2 |
| | 11.04 + | 13.50 + | 14.43 + | 16.36 + | 13.50 + | 1 |
| 800 m | < 16.10 | < 19.54 | < 21.09 | < 23.51 | < 20.47 | 20 |
| | 16.10 < 18.05 | 19.54 < 22.16 | 21.09 < 23.40 | 23.51 < 26.41 | 20.47 < 23.15 | 16 |
| | 18.05 < 20.01 | 22.16 < 24.38 | 23.40 < 26.11 | 26.41 < 29.32 | 23.15 < 25.44 | 12 |
| | 20.01 < 21.56 | 24.38 < 27.01 | 26.11 < 28.42 | 29.32 < 32.22 | 25.44 < 28.12 | 9 |
| | 21.56 < 23.51 | 27.01 < 29.23 | 28.42 < 31.13 | 32.22 < 35.12 | 28.12 < 30.41 | 6 |
| | 23.51 + | 29.23 + | 31.13 + | 35.12 + | 30.41 + | 3 |
| 1500 m | < 31.05 | < 38.58 | < 41.25 | | | 15 |
| | 31.05 < 34.47 | 38.58 < 43.36 | 41.25 < 46.21 | | | 12 |
| | 34.47 < 38.29 | 43.36 < 48.14 | 46.21 < 51.16 | | | 9 |
| | 38.29 < 42.11 | 48.14 < 52.52 | 51.16 < 56.12 | | | 6 |
| | 42.11 < 45.53 | 52.52 < 57.31 | 56.12 < 61.08 | | | 4 |
| | 45.53 + | 57.31 + | 61.08 + | | | 2 |
| 1/2 Hour | <= 1000 | <= 775 | <= 725 | | | 2 |
| | 1025 - 1100 | 800 - 850 | 750 - 800 | | | 4 |
| | 1125 - 1200 | 875 - 950 | 825 - 875 | | | 6 |
| | 1225 - 1300 | 975 - 1025 | 900 - 950 | < Denotes "less than" | | 9 |
| | 1325 - 1425 | 1050 - 1125 | 975 - 1050 | | | 12 |
| | 1450 + | 1150 + | 1075 + | | | 15 |
| 3/4 Hour | <= 1375 | <= 1100 | <= 1025 | + Denotes "equal to" or "greater than" | | 3 |
| | 1400 - 1550 | 1125 - 1225 | 1050 - 1150 | | | 6 |
| | 1575 - 1725 | 1250 - 1375 | 1175 - 1275 | | | 9 |
| | 1750 - 1900 | 1400 - 1500 | 1300 - 1400 | | | 12 |
| | 1925 - 2075 | 1525 - 1650 | 1425 - 1550 | | | 15 |
| | 2100 + | 1675 + | 1575 + | | | 20 |
| 1 Hour | <= 1775 | <= 1425 | <= 1325 | | | 4 |
| | 1800 - 2000 | 1450 - 1600 | 1350 - 1500 | | | 8 |
| | 2025 - 2250 | 1625 - 1800 | 1525 - 1675 | | | 13 |
| | 2275 - 2475 | 1825 - 1975 | 1700 - 1850 | | | 18 |
| | 2500 - 2725 | 2000 - 2175 | 1875 - 2050 | | | 24 |
| | 2750 + | 2200 + | 2075 + | | | 30 |