

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 65 - 69 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.57	< 9.56	< 10.34	< 11.56	< 9.56	10
	7.57 < 8.54	9.56 < 11.07	10.34 < 11.50	11.56 < 13.21	9.56 < 11.07	8
	8.54 < 9.51	11.07 < 12.18	11.50 < 13.05	13.21 < 14.46	11.07 < 12.18	6
	9.51 < 10.47	12.18 < 13.29	13.05 < 14.21	14.46 < 16.11	12.18 < 13.29	4
	10.47 < 11.44	13.29 < 14.40	14.21 < 15.36	16.11 < 17.36	13.29 < 14.40	2
	11.44 +	14.40 +	15.36 +	17.36 +	14.40 +	1
800 m	< 17.08	< 21.06	< 22.25	< 25.17	< 22.02	20
	17.08 < 19.10	21.06 < 23.36	22.25 < 25.05	25.17 < 28.17	22.02 < 24.39	16
	19.10 < 21.13	23.36 < 26.07	25.05 < 27.45	28.17 < 31.18	24.39 < 27.16	12
	21.13 < 23.15	26.07 < 28.38	27.45 < 30.25	31.18 < 34.18	27.16 < 29.54	9
	23.15 < 25.17	28.38 < 31.08	30.25 < 33.05	34.18 < 37.19	29.54 < 32.31	6
	25.17 +	31.08 +	33.05 +	37.19 +	32.31 +	3
1500 m	< 32.57	< 41.18	< 43.54			15
	32.57 < 36.52	41.18 < 46.13	43.54 < 49.08			12
	36.52 < 40.48	46.13 < 51.08	49.08 < 54.21			9
	40.48 < 44.43	51.08 < 56.03	54.21 < 59.34			6
	44.43 < 48.38	56.03 < 60.58	59.34 < 64.48			4
	48.38 +	60.58 +	64.48 +			2
1/2 Hour	<= 925	<= 750	<= 700			2
	950 - 1025	775 - 825	725 - 775			4
	1050 - 1125	850 - 900	800 - 850			6
	1150 - 1225	925 - 975	875 - 925	< Denotes "less than"		9
	1250 - 1350	1000 - 1075	950 - 1000			12
	1375 +	1100 +	1025 +			15
3/4 Hour	<= 1300	<= 1025	<= 975	+ Denotes "equal to" or "greater than"		3
	1325 - 1450	1050 - 1150	1000 - 1075			6
	1475 - 1625	1175 - 1275	1100 - 1200			9
	1650 - 1775	1300 - 1400	1225 - 1325			12
	1800 - 1950	1425 - 1550	1350 - 1450			15
	1975 +	1575 +	1475 +			20
1 Hour	<= 1675	<= 1325	<= 1250			4
	1700 - 1900	1350 - 1500	1275 - 1400			8
	1925 - 2125	1525 - 1675	1425 - 1575			13
	2150 - 2350	1700 - 1850	1600 - 1750			18
	2375 - 2575	1875 - 2050	1775 - 1925			24
	2600 +	2075 +	1950 +			30