

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 70 - 74 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 8.28	< 10.35	< 11.16	< 12.42	< 10.35	10
	8.28 < 9.28	10.35 < 11.51	11.16 < 12.36	12.42 < 14.13	10.35 < 11.51	8
	9.28 < 10.29	11.51 < 13.06	12.36 < 13.56	14.13 < 15.43	11.51 < 13.06	6
	10.29 < 11.29	13.06 < 14.22	13.56 < 15.17	15.43 < 17.14	13.06 < 14.22	4
	11.29 < 12.30	14.22 < 15.37	15.17 < 16.37	17.14 < 18.45	14.22 < 15.37	2
	12.30 +	15.37 +	16.37 +	18.45 +	15.37 +	1
800 m	< 18.15	< 22.28	< 23.52	< 26.55	< 23.28	20
	18.15 < 20.25	22.28 < 25.09	23.52 < 26.43	26.55 < 30.08	23.28 < 26.15	16
	20.25 < 22.35	25.09 < 27.49	26.43 < 29.33	30.08 < 33.20	26.15 < 29.03	12
	22.35 < 24.46	27.49 < 30.29	29.33 < 32.24	33.20 < 36.32	29.03 < 31.50	9
	24.46 < 26.56	30.29 < 33.10	32.24 < 35.14	36.32 < 39.44	31.50 < 34.38	6
	26.56 +	33.10 +	35.14 +	39.44 +	34.38 +	3
1500 m	< 35.06	< 43.59	< 46.45			15
	35.06 < 39.16	43.59 < 49.13	46.45 < 52.19			12
	39.16 < 43.27	49.13 < 54.27	52.19 < 57.53			9
	43.27 < 47.37	54.27 < 59.41	57.53 < 63.27			6
	47.37 < 51.48	59.41 < 64.55	63.27 < 69.01			4
	51.48 +	64.55 +	69.01 +			2
1/2 Hour	<= 875	<= 700	<= 650			2
	900 - 950	725 - 775	675 - 700			4
	975 - 1050	800 - 850	725 - 775			6
	1075 - 1150	875 - 925	800 - 850	< Denotes "less than"		9
	1175 - 1250	950 - 1000	875 - 925			12
	1275 +	1025 +	950 +			15
3/4 Hour	<= 1225	<= 975	<= 900	+ Denotes "equal to" or "greater than"		3
	1250 - 1375	1000 - 1075	925 - 1000			6
	1400 - 1525	1100 - 1200	1025 - 1125			9
	1550 - 1675	1225 - 1325	1150 - 1225			12
	1700 - 1825	1350 - 1450	1250 - 1350			15
	1850 +	1475 +	1375 +			20
1 Hour	<= 1575	<= 1250	<= 1175			4
	1600 - 1775	1275 - 1400	1200 - 1325			8
	1800 - 1975	1425 - 1575	1350 - 1475			13
	2000 - 2175	1600 - 1750	1500 - 1625			18
	2200 - 2400	1775 - 1925	1650 - 1800			24
	2425 +	1950 +	1825 +			30