

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 75 - 79 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 9.03	< 11.19	< 12.02	< 13.35	< 11.19	10
	9.03 < 10.08	11.19 < 12.40	12.02 < 13.28	13.35 < 15.11	11.19 < 12.40	8
	10.08 < 11.12	12.40 < 14.00	13.28 < 14.54	15.11 < 16.48	12.40 < 14.00	6
	11.12 < 12.17	14.00 < 15.21	14.54 < 16.20	16.48 < 18.25	14.00 < 15.21	4
	12.17 < 13.21	15.21 < 16.42	16.20 < 17.46	18.25 < 20.02	15.21 < 16.42	2
	13.21 +	16.42 +	17.46 +	20.02 +	16.42 +	1
800 m	< 19.30	< 24.01	< 25.31	< 28.47	< 25.05	20
	19.30 < 21.49	24.01 < 26.52	25.31 < 28.33	28.47 < 32.12	25.05 < 28.04	16
	21.49 < 24.09	26.52 < 29.44	28.33 < 31.35	32.12 < 35.38	28.04 < 31.03	12
	24.09 < 26.28	29.44 < 32.35	31.35 < 34.38	35.38 < 39.03	31.03 < 34.02	9
	26.28 < 28.47	32.35 < 35.27	34.38 < 37.40	39.03 < 42.29	34.02 < 37.01	6
	28.47 +	35.27 +	37.40 +	42.29 +	37.01 +	3
1500 m	< 37.31	< 47.01	< 49.59			15
	37.31 < 41.59	47.01 < 52.37	49.59 < 55.55			12
	41.59 < 46.26	52.37 < 58.12	55.55 < 61.52			9
	46.26 < 50.54	58.12 < 63.48	61.52 < 67.49			6
	50.54 < 55.22	63.48 < 69.24	67.49 < 73.46			4
	55.22 +	69.24 +	73.46 +			2
1/2 Hour	<= 825	<= 650	<= 625			2
	850 - 900	675 - 700	650 - 675			4
	925 - 1000	725 - 775	700 - 750			6
	1025 - 1075	800 - 850	775 - 800	< Denotes "less than"		9
	1100 - 1175	875 - 925	825 - 875			12
	1200 +	950 +	900 +			15
3/4 Hour	<= 1150	<= 900	<= 850	+ Denotes "equal to"		3
	1175 - 1275	925 - 1000	875 - 950	or "greater than"		6
	1300 - 1425	1025 - 1125	975 - 1050			9
	1450 - 1550	1150 - 1225	1075 - 1150			12
	1575 - 1700	1250 - 1350	1175 - 1275			15
	1725 +	1375 +	1300 +			20
1 Hour	<= 1475	<= 1175	<= 1100			4
	1500 - 1650	1200 - 1325	1125 - 1225			8
	1675 - 1850	1350 - 1475	1250 - 1375			13
	1875 - 2050	1500 - 1625	1400 - 1525			18
	2075 - 2250	1650 - 1800	1550 - 1675			24
	2275 +	1825 +	1700 +			30