

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 80 - 84 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 9.37	< 12.01	< 12.47	< 14.26	< 12.01	10
	9.37 < 10.46	12.01 < 13.27	12.47 < 14.19	14.26 < 16.08	12.01 < 13.27	8
	10.46 < 11.54	13.27 < 14.53	14.19 < 15.50	16.08 < 17.51	13.27 < 14.52	6
	11.54 < 13.03	14.53 < 16.19	15.50 < 17.21	17.51 < 19.34	14.52 < 16.18	4
	13.03 < 14.12	16.19 < 17.45	17.21 < 18.53	19.34 < 21.17	16.18 < 17.44	2
	14.12 +	17.45 +	18.53 +	21.17 +	17.45 +	1
800 m	< 20.43	< 25.31	< 27.07	< 30.35	< 26.39	20
	20.43 < 23.11	25.31 < 28.33	27.07 < 30.21	30.35 < 34.13	26.39 < 29.49	16
	23.11 < 25.39	28.33 < 31.36	30.21 < 33.34	34.13 < 37.52	29.49 < 32.59	12
	25.39 < 28.07	31.36 < 34.38	33.34 < 36.48	37.52 < 41.30	32.59 < 36.09	9
	28.07 < 30.35	34.38 < 37.40	36.48 < 40.01	41.30 < 45.08	36.09 < 39.20	6
	30.35 +	37.40 +	40.01 +	45.08 +	39.20 +	3
1500 m	< 39.52	< 49.58	< 53.06			15
	39.52 < 44.36	49.58 < 55.54	53.06 < 59.25			12
	44.36 < 49.21	55.54 < 61.51	59.25 < 65.45			9
	49.21 < 54.05	61.51 < 67.48	65.45 < 72.04			6
	54.05 < 58.50	67.48 < 73.44	72.04 < 78.23			4
	58.50 +	73.44 +	78.23 +			2
1/2 Hour	< 775	< 625	< 575			2
	800 - 850	650 - 675	600 - 625			4
	875 - 925	700 - 750	650 - 700			6
	950 - 1000	775 - 800	725 - 750	< Denotes "less than"		9
	1025 - 1100	825 - 875	775 - 825			12
	1125 +	900 +	850 +			15
3/4 Hour	< 1075	< 850	< 800	+ Denotes "equal to"		3
	1100 - 1200	875 - 950	825 - 900	or "greater than"		6
	1225 - 1325	975 - 1050	925 - 1000			9
	1350 - 1450	1075 - 1150	1025 - 1100			12
	1475 - 1600	1175 - 1275	1125 - 1200			15
	1625 +	1300 +	1225 +			20
1 Hour	< 1375	< 1100	< 1025			4
	1400 - 1550	1125 - 1225	1050 - 1150			8
	1575 - 1750	1250 - 1375	1175 - 1300			13
	1775 - 1925	1400 - 1525	1325 - 1425			18
	1950 - 2125	1550 - 1675	1450 - 1575			24
	2150 +	1700 +	1600 +			30