

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 85 - 89 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 10.34	< 13.13	< 14.03	< 15.51	< 13.13	10
	10.34 < 11.49	13.13 < 14.47	14.03 < 15.44	15.51 < 17.44	13.13 < 14.47	8
	11.49 < 13.05	14.47 < 16.21	15.44 < 17.24	17.44 < 19.37	14.47 < 16.21	6
	13.05 < 14.20	16.21 < 17.55	17.24 < 19.04	19.37 < 21.31	16.21 < 17.55	4
	14.20 < 15.36	17.55 < 19.30	19.04 < 20.45	21.31 < 23.24	17.55 < 19.30	2
	15.36 +	19.30 +	20.45 +	23.24 +	19.30 +	1
800 m	< 22.46	< 28.02	< 29.48	< 33.36	< 29.17	20
	22.46 < 25.29	28.02 < 31.23	29.48 < 33.20	33.36 < 37.36	29.17 < 32.46	16
	25.29 < 28.11	31.23 < 34.43	33.20 < 36.53	37.36 < 41.36	32.46 < 36.15	12
	28.11 < 30.54	34.43 < 38.03	36.53 < 40.26	41.36 < 45.36	36.15 < 39.44	9
	30.54 < 33.37	38.03 < 41.23	40.26 < 43.59	45.36 < 49.36	39.44 < 43.13	6
	33.37 +	41.23 +	43.59 +	49.36 +	43.13 +	3
1500 m	< 43.48	< 54.54	< 58.21			15
	43.48 < 49.01	54.54 < 61.26	58.21 < 65.18			12
	49.01 < 54.13	61.26 < 67.58	65.18 < 72.14			9
	54.13 < 59.26	67.58 < 74.29	72.14 < 79.11			6
	59.26 < 64.39	74.29 < 81.01	79.11 < 86.08			4
	64.39 +	81.01 +	86.08 +			2
1/2 Hour	<= 700	<= 550	<= 525			2
	725 - 775	575 - 600	550 - 575			4
	800 - 850	625 - 675	600 - 625			6
	875 - 925	700 - 725	650 - 675	< Denotes "less than"		9
	950 - 1000	750 - 800	700 - 750			12
	1025 +	825 +	775 +			15
3/4 Hour	<= 975	<= 775	<= 725	+ Denotes "equal to" or "greater than"		3
	1000 - 1075	800 - 850	750 - 800			6
	1100 - 1200	875 - 950	825 - 900			9
	1225 - 1325	975 - 1050	925 - 1000			12
	1350 - 1450	1075 - 1150	1025 - 1100			15
	1475 +	1175 +	1125 +			20
1 Hour	<= 1250	<= 1000	<= 950			4
	1275 - 1400	1025 - 1125	975 - 1075			8
	1425 - 1575	1150 - 1250	1100 - 1200			13
	1600 - 1750	1275 - 1375	1225 - 1325			18
	1775 - 1925	1400 - 1525	1350 - 1450			24
	1950 +	1550 +	1475 +			30