

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN

90 +

YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 11.37	< 14.31	< 15.27	< 17.26	< 14.31	10
	11.37 < 12.59	14.31 < 16.15	15.27 < 17.17	17.26 < 19.30	14.31 < 16.15	8
	12.59 < 14.22	16.15 < 17.59	17.17 < 19.08	19.30 < 21.34	16.15 < 17.59	6
	14.22 < 15.45	17.59 < 19.42	19.08 < 20.58	21.34 < 23.39	17.59 < 19.42	4
	15.45 < 17.09	19.42 < 21.26	20.58 < 22.48	23.39 < 25.43	19.42 < 21.26	2
	17.09 +	21.26 +	22.48 +	25.43 +	21.26 +	1
800 m	< 25.02	< 30.50	< 32.45	< 36.56	< 32.12	20
	25.02 < 28.00	30.50 < 34.30	32.45 < 36.39	36.56 < 41.20	32.12 < 36.01	16
	28.00 < 30.59	34.30 < 38.10	36.39 < 40.33	41.20 < 45.44	36.01 < 39.51	12
	30.59 < 33.58	38.10 < 41.50	40.33 < 44.27	45.44 < 50.08	39.51 < 43.41	9
	33.58 < 36.57	41.50 < 45.30	44.27 < 48.21	50.08 < 54.31	43.41 < 47.31	6
	36.57 +	45.30 +	48.21 +	54.31 +	47.31 +	3
1500 m	< 48.09	< 60.21	< 64.09			15
	48.09 < 53.52	60.21 < 67.32	64.09 < 71.47			12
	53.52 < 59.36	67.32 < 74.43	71.47 < 79.25			9
	59.36 < 65.20	74.43 < 81.54	79.25 < 87.03			6
	65.20 < 71.04	81.54 < 89.04	87.03 < 94.41			4
71.04 +	89.04 +	94.41 +			2	
1/2 Hour	<= 625	<= 500	<= 475			2
	650 - 675	525 - 550	500 - 525			4
	700 - 750	575 - 600	550 - 575			6
	775 - 825	625 - 650	600 - 625	< Denotes "less than"		9
	850 - 900	675 - 725	650 - 675			12
	925 +	750 +	700 +			15
3/4 Hour	<= 875	<= 700	<= 650	+ Denotes "equal to"		3
	900 - 975	725 - 775	675 - 725	or "greater than"		6
	1000 - 1100	800 - 875	750 - 800			9
	1125 - 1200	900 - 950	825 - 875			12
	1225 - 1325	975 - 1050	900 - 975			15
	1350 +	1075 +	1000 +			20
1 Hour	<= 1150	<= 900	<= 850			4
	1175 - 1300	925 - 1025	875 - 950			8
	1325 - 1450	1050 - 1150	975 - 1075			13
	1475 - 1600	1175 - 1275	1100 - 1175			18
	1625 - 1750	1300 - 1400	1200 - 1300			24
	1775 +	1425 +	1325 +			30