

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 25 - 29 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.28	< 7.46	< 8.36	< 9.03	< 7.57	10
	6.28 < 7.14	7.46 < 8.41	8.36 < 9.37	9.03 < 10.08	7.57 < 8.54	8
	7.14 < 8.00	8.41 < 9.36	9.37 < 10.39	10.08 < 11.12	8.54 < 9.51	6
	8.00 < 8.46	9.36 < 10.32	10.39 < 11.40	11.12 < 12.17	9.51 < 10.48	4
	8.46 < 9.33	10.32 < 11.27	11.40 < 12.42	12.17 < 13.22	10.48 < 11.44	2
	9.33 +	11.27 +	12.42 +	13.22 +	11.44 +	1
800 m	< 13.56	< 16.28	< 18.14	< 19.12	< 17.38	20
	13.56 < 15.35	16.28 < 18.26	18.14 < 20.24	19.12 < 21.29	17.38 < 19.44	16
	15.35 < 17.15	18.26 < 20.24	20.24 < 22.34	21.29 < 23.46	19.44 < 21.50	12
	17.15 < 18.55	20.24 < 22.21	22.34 < 24.45	23.46 < 26.03	21.50 < 23.56	9
	18.55 < 20.34	22.21 < 24.19	24.45 < 26.55	26.03 < 28.20	23.56 < 26.02	6
	20.34 +	24.19 +	26.55 +	28.20 +	26.02 +	3
1500 m	< 26.48	< 32.15	< 35.43			15
	26.48 < 29.59	32.15 < 36.05	35.43 < 39.58			12
	29.59 < 33.11	36.05 < 39.56	39.58 < 44.13			9
	33.11 < 36.22	39.56 < 43.46	44.13 < 48.28			6
	36.22 < 39.34	43.46 < 47.36	48.28 < 52.42			4
	39.34 +	47.36 +	52.42 +			2
1/2 Hour	<= 1150	<= 950	<= 850			2
	1175 - 1275	975 - 1050	875 - 925			4
	1300 - 1400	1075 - 1150	950 - 1025			6
	1425 - 1525	1175 - 1250	1050 - 1125	< Denotes "less than"		9
	1550 - 1650	1275 - 1375	1150 - 1225			12
	1675 +	1400 +	1250 +			15
3/4 Hour	<= 1600	<= 1325	<= 1200	+ Denotes "equal to" or "greater than"		3
	1625 - 1800	1350 - 1475	1225 - 1350			6
	1825 - 2000	1500 - 1650	1375 - 1500			9
	2025 - 2200	1675 - 1825	1525 - 1650			12
	2225 - 2400	1850 - 2000	1675 - 1800			15
	2425 +	2025 +	1825 +			20
1 Hour	<= 2050	<= 1700	<= 1550			4
	2075 - 2325	1725 - 1925	1575 - 1750			8
	2350 - 2600	1950 - 2150	1775 - 1950			13
	2625 - 2875	2175 - 2375	1975 - 2150			18
	2900 - 3175	2400 - 2625	2175 - 2375			24
	3200 +	2650 +	2400 +			30