

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 30 - 34 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.37	< 7.56	< 8.48	< 9.16	< 8.08	10
	6.37 < 7.24	7.56 < 8.53	8.48 < 9.51	9.16 < 10.22	8.08 < 9.06	8
	7.24 < 8.11	8.53 < 9.50	9.51 < 10.54	10.22 < 11.28	9.06 < 10.05	6
	8.11 < 8.59	9.50 < 10.46	10.54 < 11.57	11.28 < 12.34	10.05 < 11.03	4
	8.59 < 9.46	10.46 < 11.43	11.57 < 12.59	12.34 < 13.40	11.03 < 12.01	2
	9.46 +	11.43 +	12.59 +	13.40 +	12.01 +	1
800 m	< 14.16	< 16.51	< 18.39	< 19.38	< 18.03	20
	14.16 < 15.57	16.51 < 18.52	18.39 < 20.53	19.38 < 21.59	18.03 < 20.11	16
	15.57 < 17.39	18.52 < 20.52	20.53 < 23.06	21.59 < 24.19	20.11 < 22.20	12
	17.39 < 19.21	20.52 < 22.52	23.06 < 25.19	24.19 < 26.39	22.20 < 24.29	9
	19.21 < 21.03	22.52 < 24.53	25.19 < 27.32	26.39 < 28.59	24.29 < 26.38	6
	21.03 +	24.53 +	27.32 +	28.59 +	26.38 +	3
1500 m	< 27.26	< 33.00	< 36.32			15
	27.26 < 30.41	33.00 < 36.56	36.32 < 40.53			12
	30.41 < 33.57	36.56 < 40.51	40.53 < 45.14			9
	33.57 < 37.13	40.51 < 44.47	45.14 < 49.35			6
	37.13 < 40.29	44.47 < 48.42	49.35 < 53.56			4
	40.29 +	48.42 +	53.56 +			2
1/2 Hour	<= 1125	<= 925	<= 850			2
	1150 - 1250	950 - 1025	875 - 925			4
	1275 - 1375	1050 - 1125	950 - 1025			6
	1400 - 1500	1150 - 1225	1050 - 1100	< Denotes "less than"		9
	1525 - 1625	1250 - 1350	1125 - 1200			12
	1650 +	1375 +	1225 +			15
3/4 Hour	<= 1550	<= 1300	<= 1175	+ Denotes "equal to" or "greater than"		3
	1575 - 1750	1325 - 1450	1200 - 1300			6
	1775 - 1950	1475 - 1625	1325 - 1450			9
	1975 - 2150	1650 - 1775	1475 - 1600			12
	2175 - 2350	1800 - 1950	1625 - 1750			15
	2375 +	1975 +	1775 +			20
1 Hour	<= 2000	<= 1675	<= 1500			4
	2025 - 2275	1700 - 1900	1525 - 1700			8
	2300 - 2550	1925 - 2125	1725 - 1900			13
	2575 - 2825	2150 - 2350	1925 - 2100			18
	2850 - 3100	2375 - 2575	2125 - 2325			24
	3125 +	2600 +	2350 +			30