

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 35 - 39 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.47	< 8.08	< 9.01	< 9.30	< 8.21	10
	6.47 < 7.35	8.08 < 9.07	9.01 < 10.06	9.30 < 10.38	8.21 < 9.20	8
	7.35 < 8.24	9.07 < 10.05	10.06 < 11.10	10.38 < 11.45	9.20 < 10.20	6
	8.24 < 9.12	10.05 < 11.03	11.10 < 12.15	11.45 < 12.53	10.20 < 11.19	4
	9.12 < 10.01	11.03 < 12.01	12.15 < 13.19	12.53 < 14.01	11.19 < 12.19	2
	10.01 +	12.01 +	13.19 +	14.01 +	12.19 +	1
800 m	< 14.37	< 17.17	< 19.08	< 20.08	< 18.30	20
	14.37 < 16.21	17.17 < 19.20	19.08 < 21.24	20.08 < 22.32	18.30 < 20.42	16
	16.21 < 18.06	19.20 < 21.24	21.24 < 23.41	22.32 < 24.55	20.42 < 22.54	12
	18.06 < 19.50	21.24 < 23.27	23.41 < 25.57	24.55 < 27.19	22.54 < 25.06	9
	19.50 < 21.35	23.27 < 25.30	25.57 < 28.14	27.19 < 29.43	25.06 < 27.18	6
	21.35 +	25.30 +	28.14 +	29.43 +	27.18 +	3
1500 m	< 28.07	< 33.50	< 37.28			15
	28.07 < 31.28	33.50 < 37.51	37.28 < 41.55			12
	31.28 < 34.49	37.51 < 41.53	41.55 < 46.22			9
	34.49 < 38.09	41.53 < 45.54	46.22 < 50.50			6
	38.09 < 41.30	45.54 < 49.56	50.50 < 55.17			4
	41.30 +	49.56 +	55.17 +			2
1/2 Hour	<= 1100	<= 900	<= 825			2
	1125 - 1200	925 - 1000	850 - 900			4
	1225 - 1325	1025 - 1100	925 - 1000			6
	1350 - 1450	1125 - 1200	1025 - 1075	< Denotes "less than"		9
	1475 - 1575	1225 - 1300	1100 - 1175			12
	1600 +	1325 +	1200 +			15
3/4 Hour	<= 1525	<= 1250	<= 1150	+ Denotes "equal to" or "greater than"		3
	1550 - 1700	1275 - 1400	1175 - 1275			6
	1725 - 1900	1425 - 1575	1300 - 1425			9
	1925 - 2100	1600 - 1725	1450 - 1550			12
	2125 - 2300	1750 - 1900	1575 - 1700			15
	2325 +	1925 +	1725 +			20
1 Hour	<= 1950	<= 1625	<= 1475			4
	1975 - 2200	1650 - 1825	1500 - 1650			8
	2225 - 2475	1850 - 2050	1675 - 1850			13
	2500 - 2750	2075 - 2275	1875 - 2050			18
	2775 - 3025	2300 - 2500	2075 - 2250			24
	3050 +	2525 +	2275 +			30