

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 45 - 49

YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.13	< 8.40	< 9.36	< 10.06	< 8.53	10
	7.13 < 8.05	8.40 < 9.41	9.36 < 10.44	10.06 < 11.18	8.53 < 9.56	8
	8.05 < 8.56	9.41 < 10.43	10.44 < 11.53	11.18 < 12.30	9.56 < 10.59	6
	8.56 < 9.48	10.43 < 11.45	11.53 < 13.01	12.30 < 13.43	10.59 < 12.03	4
	9.48 < 10.39	11.45 < 12.47	13.01 < 14.10	13.43 < 14.55	12.03 < 13.06	2
10.39 +	12.47 +	14.10 +	14.55 +	13.06 +	1	
800 m	< 15.33	< 18.23	< 20.21	< 21.25	< 19.41	20
	15.33 < 17.24	18.23 < 20.34	20.21 < 22.46	21.25 < 23.58	19.41 < 22.01	16
	17.24 < 19.15	20.34 < 22.46	22.46 < 25.11	23.58 < 26.31	22.01 < 24.22	12
	19.15 < 21.06	22.46 < 24.57	25.11 < 27.37	26.31 < 29.04	24.22 < 26.42	9
	21.06 < 22.57	24.57 < 27.08	27.37 < 30.02	29.04 < 31.37	26.42 < 29.03	6
22.57 +	27.08 +	30.02 +	31.37 +	29.03 +	3	
1500 m	< 29.55	< 35.59	< 39.51			15
	29.55 < 33.28	35.59 < 40.16	39.51 < 44.36			12
	33.28 < 37.02	40.16 < 44.33	44.36 < 49.20			9
	37.02 < 40.36	44.33 < 48.50	49.20 < 54.05			6
	40.36 < 44.09	48.50 < 53.07	54.05 < 58.49			4
44.09 +	53.07 +	58.49 +			2	
1/2 Hour	<= 1025	<= 850	<= 775			2
	1050 - 1125	875 - 925	800 - 850			4
	1150 - 1250	950 - 1025	875 - 925			6
	1275 - 1350	1050 - 1125	950 - 1000	< Denotes "less than"		9
	1375 - 1475	1150 - 1225	1025 - 1100			12
1500 +	1250 +	1125 +			15	
3/4 Hour	<= 1425	<= 1175	<= 1075	+ Denotes "equal to" or "greater than"		3
	1450 - 1600	1200 - 1325	1100 - 1200			6
	1625 - 1775	1350 - 1475	1225 - 1325			9
	1800 - 1950	1500 - 1625	1350 - 1450			12
	1975 - 2150	1650 - 1775	1475 - 1600			15
2175 +	1800 +	1625 +			20	
1 Hour	<= 1825	<= 1525	<= 1375			4
	1850 - 2075	1550 - 1725	1400 - 1550			8
	2100 - 2325	1750 - 1925	1575 - 1750			13
	2350 - 2575	1950 - 2125	1775 - 1925			18
	2600 - 2825	2150 - 2350	1950 - 2125			24
2850 +	2375 +	2150 +			30	