

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 50 - 54 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.30	< 9.00	< 9.59	< 10.30	< 9.14	10
	7.30 < 8.24	9.00 < 10.04	9.59 < 11.10	10.30 < 11.44	9.14 < 10.19	8
	8.24 < 9.17	10.04 < 11.09	11.10 < 12.21	11.44 < 12.59	10.19 < 11.25	6
	9.17 < 10.11	11.09 < 12.13	12.21 < 13.32	12.59 < 14.14	11.25 < 12.31	4
	10.11 < 11.04	12.13 < 13.17	13.32 < 14.43	14.14 < 15.30	12.31 < 13.37	2
	11.04 +	13.17 +	14.43 +	15.30 +	13.37 +	1
800 m	< 16.10	< 19.06	< 21.09	< 22.16	< 20.27	20
	16.10 < 18.05	19.06 < 21.23	21.09 < 23.40	22.16 < 24.55	20.27 < 22.53	16
	18.05 < 20.01	21.23 < 23.39	23.40 < 26.11	24.55 < 27.33	22.53 < 25.19	12
	20.01 < 21.56	23.39 < 25.56	26.11 < 28.42	27.33 < 30.12	25.19 < 27.45	9
	21.56 < 23.51	25.56 < 28.12	28.42 < 31.13	30.12 < 32.51	27.45 < 30.11	6
	23.51 +	28.12 +	31.13 +	32.51 +	30.11 +	3
1500 m	< 31.05	< 37.24	< 41.25			15
	31.05 < 34.47	37.24 < 41.51	41.25 < 46.21			12
	34.47 < 38.29	41.51 < 46.18	46.21 < 51.16			9
	38.29 < 42.11	46.18 < 50.45	51.16 < 56.12			6
	42.11 < 45.53	50.45 < 55.12	56.12 < 61.08			4
	45.53 +	55.12 +	61.08 +			2
1/2 Hour	<= 1000	<= 825	<= 725			2
	1025 - 1100	850 - 900	750 - 800			4
	1125 - 1200	925 - 1000	825 - 875			6
	1225 - 1300	1025 - 1075	900 - 950	< Denotes "less than"		9
	1325 - 1425	1100 - 1175	975 - 1050			12
	1450 +	1200 +	1075 +			15
3/4 Hour	<= 1375	<= 1150	<= 1025	+ Denotes "equal to" or "greater than"		3
	1400 - 1550	1175 - 1275	1050 - 1150			6
	1575 - 1725	1300 - 1425	1175 - 1275			9
	1750 - 1900	1450 - 1550	1300 - 1400			12
	1925 - 2075	1575 - 1700	1425 - 1550			15
	2100 +	1725 +	1575 +			20
1 Hour	<= 1775	<= 1475	<= 1325			4
	1800 - 2000	1500 - 1650	1350 - 1500			8
	2025 - 2250	1675 - 1850	1525 - 1675			13
	2275 - 2475	1875 - 2050	1700 - 1850			18
	2500 - 2725	2075 - 2250	1875 - 2050			24
	2750 +	2275 +	2075 +			30