

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 55 - 59 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.51	< 9.49	< 10.26	< 11.47	< 9.49	10
	7.51 < 8.47	9.49 < 10.59	10.26 < 11.41	11.47 < 13.11	9.49 < 10.59	8
	8.47 < 9.43	10.59 < 12.09	11.41 < 12.56	13.11 < 14.35	10.59 < 12.09	6
	9.43 < 10.39	12.09 < 13.19	12.56 < 14.10	14.35 < 15.59	12.09 < 13.19	4
	10.39 < 11.35	13.19 < 14.29	14.10 < 15.25	15.59 < 17.23	13.19 < 14.29	2
11.35 +	14.29 +	15.25 +	17.23 +	14.29 +	1	
800 m	< 16.55	< 20.50	< 22.08	< 24.58	< 21.45	20
	16.55 < 18.56	20.50 < 23.19	22.08 < 24.46	24.58 < 27.56	21.45 < 24.21	16
	18.56 < 20.57	23.19 < 25.47	24.46 < 27.24	27.56 < 30.54	24.21 < 26.56	12
	20.57 < 22.57	25.47 < 28.16	27.24 < 30.02	30.54 < 33.52	26.56 < 29.31	9
	22.57 < 24.58	28.16 < 30.45	30.02 < 32.40	33.52 < 36.51	29.31 < 32.07	6
24.58 +	30.45 +	32.40 +	36.51 +	32.07 +	3	
1500 m	< 32.32	< 40.47	< 43.21			15
	32.32 < 36.25	40.47 < 45.38	43.21 < 48.30			12
	36.25 < 40.17	45.38 < 50.29	48.30 < 53.40			9
	40.17 < 44.09	50.29 < 55.20	53.40 < 58.49			6
	44.09 < 48.02	55.20 < 60.12	58.49 < 63.59			4
48.02 +	60.12 +	63.59 +			2	
1/2 Hour	<= 925	<= 750	<= 700			2
	950 - 1025	775 - 825	725 - 775			4
	1050 - 1125	850 - 900	800 - 850			6
	1150 - 1225	925 - 975	875 - 925	< Denotes "less than"		9
	1250 - 1350	1000 - 1075	950 - 1025			12
1375 +	1100 +	1050 +			15	
3/4 Hour	<= 1300	<= 1050	<= 975	+ Denotes "equal to" or "greater than"		3
	1325 - 1450	1075 - 1175	1000 - 1100			6
	1475 - 1625	1200 - 1300	1125 - 1225			9
	1650 - 1800	1325 - 1425	1250 - 1350			12
	1825 - 1975	1450 - 1575	1375 - 1475			15
2000 +	1600 +	1500 +			20	
1 Hour	<= 1675	<= 1350	<= 1275			4
	1700 - 1900	1375 - 1525	1300 - 1425			8
	1925 - 2125	1550 - 1700	1450 - 1600			13
	2150 - 2350	1725 - 1875	1625 - 1775			18
	2375 - 2600	1900 - 2075	1800 - 1950			24
2625 +	2100 +	1975 +			30	