

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 60 - 64 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 8.15	< 10.19	< 10.58	< 12.23	< 10.19	10
	8.15 < 9.14	10.19 < 11.33	10.58 < 12.17	12.23 < 13.51	10.19 < 11.33	8
	9.14 < 10.13	11.33 < 12.47	12.17 < 13.35	13.51 < 15.19	11.33 < 12.47	6
	10.13 < 11.12	12.47 < 14.00	13.35 < 14.53	15.19 < 16.48	12.47 < 14.00	4
	11.12 < 12.11	14.00 < 15.14	14.53 < 16.12	16.48 < 18.16	14.00 < 15.14	2
	12.11 +	15.14 +	16.12 +	18.16 +	15.14 +	1
800 m	< 17.47	< 21.55	< 23.16	< 26.14	< 22.53	20
	17.47 < 19.54	21.55 < 24.31	23.16 < 26.02	26.14 < 29.21	22.53 < 25.36	16
	19.54 < 22.01	24.31 < 27.08	26.02 < 28.48	29.21 < 32.29	25.36 < 28.20	12
	22.01 < 24.08	27.08 < 29.44	28.48 < 31.34	32.29 < 35.36	28.20 < 31.03	9
	24.08 < 26.14	29.44 < 32.20	31.34 < 34.20	35.36 < 38.43	31.03 < 33.46	6
	26.14 +	32.20 +	34.20 +	38.43 +	33.46 +	3
1500 m	< 34.12	< 42.54	< 45.33			15
	34.12 < 38.16	42.54 < 47.59	45.33 < 50.59			12
	38.16 < 42.20	47.59 < 53.06	50.59 < 56.24			9
	42.20 < 46.24	53.06 < 58.12	56.24 < 61.49			6
	46.24 < 50.28	58.12 < 63.19	61.49 < 67.15			4
	50.28 +	63.19 +	67.15 +			2
1/2 Hour	<= 900	<= 700	<= 675			2
	925 - 1000	725 - 775	700 - 750			4
	1025 - 1100	800 - 850	775 - 825			6
	1125 - 1200	875 - 925	850 - 900	< Denotes "less than"		9
	1225 - 1300	950 - 1025	925 - 975			12
	1325 +	1050 +	1000 +			15
3/4 Hour	<= 1250	<= 975	<= 925	+ Denotes "equal to" or "greater than"		3
	1275 - 1400	1000 - 1100	950 - 1025			6
	1425 - 1550	1125 - 1225	1050 - 1150			9
	1575 - 1700	1250 - 1350	1175 - 1275			12
	1725 - 1875	1375 - 1500	1300 - 1400			15
	1900 +	1525 +	1425 +			20
1 Hour	<= 1600	<= 1275	<= 1200			4
	1625 - 1800	1300 - 1450	1225 - 1350			8
	1825 - 2025	1475 - 1625	1375 - 1525			13
	2050 - 2250	1650 - 1800	1550 - 1675			18
	2275 - 2475	1825 - 1975	1700 - 1850			24
	2500 +	2000 +	1875 +			30