

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 65 - 69 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 8.45	< 10.56	< 11.38	< 13.08	< 10.56	10
	8.45 < 9.47	10.56 < 12.14	11.38 < 13.01	13.08 < 14.41	10.56 < 12.14	8
	9.47 < 10.50	12.14 < 13.32	13.01 < 14.24	14.41 < 16.15	12.14 < 13.32	6
	10.50 < 11.52	13.32 < 14.51	14.24 < 15.48	16.15 < 17.49	13.32 < 14.51	4
	11.52 < 12.55	14.51 < 16.09	15.48 < 17.11	17.49 < 19.22	14.51 < 16.09	2
	12.55 +	16.09 +	17.11 +	19.22 +	16.09 +	1
800 m	< 18.51	< 23.13	< 24.40	< 27.50	< 24.15	20
	18.51 < 21.06	23.13 < 25.59	24.40 < 27.36	27.50 < 31.08	24.15 < 27.08	16
	21.06 < 23.21	25.59 < 28.45	27.36 < 30.33	31.08 < 34.27	27.08 < 30.01	12
	23.21 < 25.35	28.45 < 31.31	30.33 < 33.29	34.27 < 37.46	30.01 < 32.54	9
	25.35 < 27.50	31.31 < 34.16	33.29 < 36.25	37.46 < 41.04	32.54 < 35.47	6
	27.50 +	34.16 +	36.25 +	41.04 +	35.47 +	3
1500 m	< 36.16	< 45.27	< 48.19			15
	36.16 < 40.35	45.27 < 50.52	48.19 < 54.04			12
	40.35 < 44.54	50.52 < 56.16	54.04 < 59.49			9
	44.54 < 49.13	56.16 < 61.41	59.49 < 65.34			6
	49.13 < 53.32	61.41 < 67.06	65.34 < 71.19			4
	53.32 +	67.06 +	71.19 +			2
1/2 Hour	<= 850	<= 675	<= 625			2
	875 - 925	700 - 750	650 - 675			4
	950 - 1025	775 - 825	700 - 750			6
	1050 - 1125	850 - 900	775 - 825	< Denotes "less than"		9
	1150 - 1225	925 - 975	850 - 900			12
	1250 +	1000 +	925 +			15
3/4 Hour	<= 1175	<= 925	<= 875	+ Denotes "equal to" or "greater than"		3
	1200 - 1325	950 - 1025	900 - 975			6
	1350 - 1475	1050 - 1150	1000 - 1100			9
	1500 - 1625	1175 - 1275	1125 - 1200			12
	1650 - 1775	1300 - 1400	1225 - 1325			15
	1800 +	1425 +	1350 +			20
1 Hour	<= 1525	<= 1200	<= 1150			4
	1550 - 1725	1225 - 1350	1175 - 1300			8
	1750 - 1925	1375 - 1525	1325 - 1450			13
	1950 - 2125	1550 - 1675	1475 - 1600			18
	2150 - 2325	1700 - 1850	1625 - 1750			24
	2350 +	1875 +	1775 +			30