

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 70 - 74 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 9.19	< 11.39	< 12.23	< 13.59	< 11.39	10
	9.19 < 10.26	11.39 < 13.02	12.23 < 13.52	13.59 < 15.38	11.39 < 13.02	8
	10.26 < 11.32	13.02 < 14.25	13.52 < 15.20	15.38 < 17.18	13.02 < 14.25	6
	11.32 < 12.39	14.25 < 15.48	15.20 < 16.49	17.18 < 18.58	14.25 < 15.48	4
	12.39 < 13.45	15.48 < 17.11	16.49 < 18.17	18.58 < 20.38	15.48 < 17.11	2
	13.45 +	17.11 +	18.17 +	20.38 +	17.11 +	1
800 m	< 20.05	< 24.43	< 26.16	< 29.38	< 25.49	20
	20.05 < 22.28	24.43 < 27.40	26.16 < 29.24	29.38 < 33.09	25.49 < 28.53	16
	22.28 < 24.51	27.40 < 30.37	29.24 < 32.31	33.09 < 36.41	28.53 < 31.58	12
	24.51 < 27.15	30.37 < 33.33	32.31 < 35.39	36.41 < 40.12	31.58 < 35.02	9
	27.15 < 29.38	33.33 < 36.30	35.39 < 38.46	40.12 < 43.44	35.02 < 38.07	6
	29.38 +	36.30 +	38.46 +	43.44 +	38.07 +	3
1500 m	< 38.37	< 48.24	< 51.27			15
	38.37 < 43.12	48.24 < 54.10	51.27 < 57.34			12
	43.12 < 47.48	54.10 < 59.55	57.34 < 63.42			9
	47.48 < 52.24	59.55 < 65.41	63.42 < 69.49			6
	52.24 < 57.00	65.41 < 71.26	69.49 < 75.56			4
	57.00 +	71.26 +	75.56 +			2
1/2 Hour	<= 800	<= 625	<= 600			2
	825 - 875	650 - 675	625 - 650			4
	900 - 975	700 - 750	675 - 725			6
	1000 - 1050	775 - 825	750 - 775	< Denotes "less than"		9
	1075 - 1150	850 - 900	800 - 850			12
	1175 +	925 +	875 +			15
3/4 Hour	<= 1100	<= 875	<= 825	+ Denotes "equal to" or "greater than"		3
	1125 - 1225	900 - 975	850 - 925			6
	1250 - 1375	1000 - 1100	950 - 1025			9
	1400 - 1525	1125 - 1200	1050 - 1125			12
	1550 - 1675	1225 - 1325	1150 - 1225			15
	1700 +	1350 +	1250 +			20
1 Hour	<= 1425	<= 1125	<= 1075			4
	1450 - 1600	1150 - 1275	1100 - 1200			8
	1625 - 1800	1300 - 1425	1225 - 1350			13
	1825 - 2000	1450 - 1575	1375 - 1475			18
	2025 - 2200	1600 - 1750	1500 - 1625			24
	2225 +	1775 +	1650 +			30