

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 75 - 79 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 9.57	< 12.26	< 13.14	< 14.56	< 12.26	10
	9.57 < 11.08	12.26 < 13.55	13.14 < 14.48	14.56 < 16.42	12.26 < 13.55	8
	11.08 < 12.19	13.55 < 15.24	14.48 < 16.23	16.42 < 18.29	13.55 < 15.24	6
	12.19 < 13.30	15.24 < 16.53	16.23 < 17.57	18.29 < 20.15	15.24 < 16.53	4
	13.30 < 14.41	16.53 < 18.21	17.57 < 19.32	20.15 < 22.02	16.53 < 18.21	2
	14.41 +	18.21 +	19.32 +	22.02 +	18.21 +	1
800 m	< 21.27	< 26.24	< 28.03	< 31.38	< 27.34	20
	21.27 < 24.00	26.24 < 29.33	28.03 < 31.24	31.38 < 35.24	27.34 < 30.51	16
	24.00 < 26.33	29.33 < 32.41	31.24 < 34.44	35.24 < 39.10	30.51 < 34.08	12
	26.33 < 29.06	32.41 < 35.50	34.44 < 38.04	39.10 < 42.56	34.08 < 37.25	9
	29.06 < 31.39	35.50 < 38.58	38.04 < 41.25	42.56 < 46.42	37.25 < 40.42	6
	31.39 +	38.58 +	41.25 +	46.42 +	40.42 +	3
1500 m	< 41.15	< 51.41	< 54.57			15
	41.15 < 46.09	51.41 < 57.50	54.57 < 61.29			12
	46.09 < 51.04	57.50 < 64.00	61.29 < 68.01			9
	51.04 < 55.58	64.00 < 70.09	68.01 < 74.34			6
	55.58 < 60.52	70.09 < 76.18	74.34 < 81.06			4
	60.52 +	76.18 +	81.06 +			2
1/2 Hour	<= 750	<= 600	<= 550			2
	775 - 825	625 - 650	575 - 600			4
	850 - 900	675 - 725	625 - 675			6
	925 - 975	750 - 775	700 - 725	< Denotes "less than"		9
	1000 - 1075	800 - 850	750 - 800			12
	1100 +	875 +	825 +			15
3/4 Hour	<= 1050	<= 825	<= 775	+ Denotes "equal to" or "greater than"		3
	1075 - 1175	850 - 925	800 - 850			6
	1200 - 1300	950 - 1025	875 - 950			9
	1325 - 1425	1050 - 1125	975 - 1050			12
	1450 - 1550	1150 - 1225	1075 - 1150			15
	1575 +	1250 +	1175 +			20
1 Hour	<= 1350	<= 1075	<= 1000			4
	1375 - 1525	1100 - 1200	1025 - 1125			8
	1550 - 1700	1225 - 1350	1150 - 1250			13
	1725 - 1875	1375 - 1475	1275 - 1375			18
	1900 - 2050	1500 - 1625	1400 - 1525			24
	2075 +	1650 +	1550 +			30