

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 80 - 84 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 10.35	< 13.14	< 14.05	< 15.53	< 13.14	10
	10.35 < 11.51	13.14 < 14.48	14.05 < 15.45	15.53 < 17.46	13.14 < 14.48	8
	11.51 < 13.06	14.48 < 16.23	15.45 < 17.26	17.46 < 19.39	14.48 < 16.23	6
	13.06 < 14.22	16.23 < 17.57	17.26 < 19.06	19.39 < 21.33	16.23 < 17.57	4
	14.22 < 15.37	17.57 < 19.32	19.06 < 20.47	21.33 < 23.26	17.57 < 19.32	2
	15.37 +	19.32 +	20.47 +	23.26 +	19.32 +	1
800 m	< 22.48	< 28.05	< 29.50	< 33.39	< 29.20	20
	22.48 < 25.31	28.05 < 31.26	29.50 < 33.24	33.39 < 37.40	29.20 < 32.49	16
	25.31 < 28.14	31.26 < 34.46	33.24 < 36.57	37.40 < 41.40	32.49 < 36.19	12
	28.14 < 30.57	34.46 < 38.07	36.57 < 40.30	41.40 < 45.40	36.19 < 39.48	9
	30.57 < 33.40	38.07 < 41.27	40.30 < 44.03	45.40 < 49.40	39.48 < 43.17	6
	33.40 +	41.27 +	44.03 +	49.40 +	43.17 +	3
1500 m	< 43.52	< 54.59	< 58.27			15
	43.52 < 49.05	54.59 < 61.31	58.27 < 65.24			12
	49.05 < 54.19	61.31 < 68.04	65.24 < 72.21			9
	54.19 < 59.32	68.04 < 74.37	72.21 < 79.18			6
	59.32 < 64.45	74.37 < 81.09	79.18 < 86.16			4
	64.45 +	81.09 +	86.16 +			2
1/2 Hour	<= 700	<= 550	<= 525			2
	725 - 775	575 - 600	550 - 575			4
	800 - 850	625 - 675	600 - 625			6
	875 - 925	700 - 725	650 - 675	< Denotes "less than"		9
	950 - 1000	750 - 800	700 - 750			12
	1025 +	825 +	775 +			15
3/4 Hour	<= 975	<= 775	<= 725	+ Denotes "equal to" or "greater than"		3
	1000 - 1075	800 - 850	750 - 800			6
	1100 - 1200	875 - 950	825 - 900			9
	1225 - 1325	975 - 1050	925 - 1000			12
	1350 - 1450	1075 - 1150	1025 - 1100			15
	1475 +	1175 +	1125 +			20
1 Hour	<= 1250	<= 1000	<= 950			4
	1275 - 1400	1025 - 1125	975 - 1075			8
	1425 - 1575	1150 - 1250	1100 - 1200			13
	1600 - 1750	1275 - 1375	1225 - 1325			18
	1775 - 1925	1400 - 1525	1350 - 1450			24
	1950 +	1550 +	1475 +			30