

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 85 - 89 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 11.38	< 14.33	< 15.28	< 17.27	< 14.33	10
	11.38 < 13.01	14.33 < 16.16	15.28 < 17.19	17.27 < 19.32	14.33 < 16.16	8
	13.01 < 14.24	16.16 < 18.00	17.19 < 19.09	19.32 < 21.36	16.16 < 18.00	6
	14.24 < 15.47	18.00 < 19.44	19.09 < 21.00	21.36 < 23.41	18.00 < 19.44	4
	15.47 < 17.10	19.44 < 21.28	21.00 < 22.50	23.41 < 25.45	19.44 < 21.28	2
	17.10 +	21.28 +	22.50 +	25.45 +	21.28 +	1
800 m	< 25.04	< 30.52	< 32.48	< 37.00	< 32.14	20
	25.04 < 28.03	30.52 < 34.33	32.48 < 36.42	37.00 < 41.24	32.14 < 36.05	16
	28.03 < 31.02	34.33 < 38.13	36.42 < 40.36	41.24 < 45.48	36.05 < 39.55	12
	31.02 < 34.01	38.13 < 41.54	40.36 < 44.31	45.48 < 50.12	39.55 < 43.45	9
	34.01 < 37.00	41.54 < 45.34	44.31 < 48.25	50.12 < 54.36	43.45 < 47.35	6
	37.00 +	45.34 +	48.25 +	54.36 +	47.35 +	3
1500 m	< 48.13	< 60.26	< 64.14			15
	48.13 < 53.58	60.26 < 67.38	64.14 < 71.53			12
	53.58 < 59.42	67.38 < 74.49	71.53 < 79.32			9
	59.42 < 65.26	74.49 < 82.01	79.32 < 87.11			6
	65.26 < 71.10	82.01 < 89.12	87.11 < 94.49			4
	71.10 +	89.12 +	94.49 +			2
1/2 Hour	<= 625	<= 500	<= 475			2
	650 - 675	525 - 550	500 - 525			4
	700 - 750	575 - 600	550 - 575			6
	775 - 825	625 - 650	600 - 625	< Denotes "less than"		9
	850 - 900	675 - 725	650 - 675			12
	925 +	750 +	700 +			15
3/4 Hour	<= 875	<= 700	<= 650	+ Denotes "equal to" or "greater than"		3
	900 - 975	725 - 775	675 - 725			6
	1000 - 1100	800 - 875	750 - 800			9
	1125 - 1200	900 - 950	825 - 875			12
	1225 - 1325	975 - 1050	900 - 975			15
	1350 +	1075 +	1000 +			20
1 Hour	<= 1150	<= 900	<= 850			4
	1175 - 1300	925 - 1025	875 - 950			8
	1325 - 1450	1050 - 1150	975 - 1075			13
	1475 - 1600	1175 - 1275	1100 - 1175			18
	1625 - 1750	1300 - 1400	1200 - 1300			24
	1775 +	1425 +	1325 +			30