

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 90 + YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 12.47	< 15.59	< 17.00	< 19.11	< 15.59	10
	12.47 < 14.18	15.59 < 17.53	17.00 < 19.02	19.11 < 21.27	15.59 < 17.53	8
	14.18 < 15.50	17.53 < 19.47	19.02 < 21.03	21.27 < 23.44	17.53 < 19.47	6
	15.50 < 17.21	19.47 < 21.41	21.03 < 23.04	23.44 < 26.01	19.47 < 21.41	4
	17.21 < 18.52	21.41 < 23.35	23.04 < 25.06	26.01 < 28.18	21.41 < 23.35	2
	18.52 +	23.35 +	25.06 +	28.18 +	23.35 +	1
800 m	< 27.33	< 33.55	< 36.03	< 40.39	< 35.26	20
	27.33 < 30.50	33.55 < 37.58	36.03 < 40.20	40.39 < 45.29	35.26 < 39.38	16
	30.50 < 34.06	37.58 < 42.00	40.20 < 44.37	45.29 < 50.20	39.38 < 43.51	12
	34.06 < 37.23	42.00 < 46.02	44.37 < 48.55	50.20 < 55.10	43.51 < 48.04	9
	37.23 < 40.40	46.02 < 50.04	48.55 < 53.12	55.10 < 60.00	48.04 < 52.17	6
	40.40 +	50.04 +	53.12 +	60.00 +	52.17 +	3
1500 m	< 52.59	< 66.25	< 70.35			15
	52.59 < 59.18	66.25 < 74.19	70.35 < 79.00			12
	59.18 < 65.36	74.19 < 82.13	79.00 < 87.24			9
	65.36 < 71.54	82.13 < 90.07	87.24 < 95.48			6
	71.54 < 78.13	90.07 < 98.01	95.48 < 104.12			4
	78.13 +	98.01 +	104.12 +			2
1/2 Hour	<= 575	<= 450	<= 425			2
	600 - 625	475 - 500	450 - 450			4
	650 - 700	525 - 550	475 - 500			6
	725 - 750	575 - 600	525 - 550	< Denotes "less than"		9
	775 - 825	625 - 650	575 - 600			12
	850 +	675 +	625 +			15
3/4 Hour	<= 800	<= 625	<= 600	+ Denotes "equal to"		3
	825 - 900	650 - 700	625 - 650	or "greater than"		6
	925 - 1000	725 - 775	675 - 725			9
	1025 - 1100	800 - 850	750 - 800			12
	1125 - 1200	875 - 950	825 - 875			15
	1225 +	975 +	900 +			20
1 Hour	<= 1025	<= 825	<= 775			4
	1050 - 1150	850 - 925	800 - 875			8
	1175 - 1300	950 - 1025	900 - 975			13
	1325 - 1450	1050 - 1125	1000 - 1075			18
	1475 - 1600	1150 - 1250	1100 - 1175			24
	1625 +	1275 +	1200 +			30