



MEN 30 - 34 YEARS

MASTERS SWIMMING AUSTRALIA

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.01	< 7.13	< 8.00	< 8.25	< 7.24	5
	6.01 < 7.26	7.13 < 8.56	8.00 < 9.54	8.25 < 10.25	7.24 < 9.09	3
	7.26 +	8.56 +	9.54 +	10.25 +	9.09 +	2
800 m	< 12.58	< 15.20	< 16.58	< 17.51	< 16.24	10
	12.58 < 16.03	14.60 < 18.58	16.6 < 20.58	17.51 < 22.06	16.24 < 20.18	6
	16.03 +	18.58 +	20.6 +	22.06 +	20.18 +	4
1500 m	< 24.56	< 30.00	< 33.13			40
	24.56 < 30.52	30.00 < 37.08	33.1 < 41.07			30
	30.52 +	37.08 +	41.1 +			20
30 mins	<= 1525	<= 1275	<= 1150	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1525 - 1775	1275 - 1475	1150 - 1325		30	
	1800 +	1500 +	1350 +		40	
45 mins	<= 2175	<= 1800	<= 1625			25
	2175 - 2575	1800 - 2150	1625 - 1925			35
	2600 +	2175 +	1950 +			50
60 mins	<= 2825	<= 2350	<= 2125			40
	2825 - 3400	2350 - 2825	2125 - 2550			60
	3425 +	2850 +	2575 +			80