



MASTERS SWIMMING AUSTRALIA

**MEN 45 - 49 YEARS**

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
<b>400 m</b>	< 6.34	< 7.53	< 8.44	< 9.12	< 8.05	5
	6.34 < 8.07	7.53 < 9.45	8.44 < 10.48	9.12 < 11.22	8.05 < 9.59	3
	8.07 +	9.45 +	10.48 +	11.22 +	9.59 +	2
<b>800 m</b>	< 14.09	< 16.44	< 18.31	< 19.29	< 17.54	10
	14.09 < 17.31	16.44 < 20.42	18.31 < 22.45	19.29 < 24.07	17.54 < 22.10	6
	17.31 +	20.42 +	22.45 +	24.07 +	22.10 +	4
<b>1500 m</b>	< 27.13	< 32.45	< 36.16			40
	27.13 < 33.41	32.45 < 40.32	36.16 < 44.53			30
	33.41 +	40.32 +	44.53 +			20
<b>30 mins</b>	<= 1400	<= 1150	<= 1050	< Denotes "less than"  + Denotes "equal to" or "greater than"		20
	1400 - 1625	1150 - 1350	1050 - 1225		30	
	1650 +	1375 +	1250 +		40	
<b>45 mins</b>	<= 2000	<= 1650	<= 1500			25
	2000 - 2375	1650 - 1950	1500 - 1775			35
	2400 +	1975 +	1800 +			50
<b>60 mins</b>	<= 2600	<= 2150	<= 1950			40
	2600 - 3125	2150 - 2575	1950 - 2325			60
	3150 +	2600 +	2350 +			80