



MASTERS SWIMMING AUSTRALIA

MEN 55 - 59 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.08	< 8.55	< 9.29	< 10.42	< 8.55	5
	7.08 < 8.50	8.55 < 11	9.29 < 11.45	10.42 < 13.15	8.55 < 11.02	3
	8.50 +	11.02 +	11.45 +	13.15 +	11.02 +	2
800 m	< 15.22	< 18.56	< 20.07	< 22.41	< 19.46	10
	15.22 < 19.02	18.56 < 23.26	20.07 < 24.54	22.41 < 28.05	19.46 < 24.28	6
	19.02 +	23.26 +	24.54 +	28.05 +	24.28 +	4
1500 m	< 29.24	< 37.03	< 39.23			40
	29.24 < 36.36	37.03 < 45.53	39.23 < 48.46			30
	36.36 +	45.53 +	48.46 +			20
30 mins	<= 1275	<= 1025	<= 975	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1275 - 1500	1025 - 1200	975 - 1125		30	
	1525 +	1225 +	1150 +		40	
45 mins	<= 1825	<= 1450	<= 1375		25	
	1825 - 2175	1450 - 1725	1375 - 1625		35	
	2200 +	1750 +	1650 +		50	
60 mins	<= 2400	<= 1900	<= 1800	40		
	2400 - 2875	1900 - 2275	1800 - 2150	60		
	2900 +	2300 +	2175 +	80		