



MASTERS SWIMMING AUSTRALIA

**WOMEN 25 - 29 YEARS**

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
<b>400 m</b>	< 6.28	< 7.46	< 8.36	< 9.03	< 7.57	5
	6.28 < 8.00	7.46 < 9.36	8.36 < 10.39	9.03 < 11.12	7.57 < 9.51	3
	8.00 +	9.36 +	10.39 +	11.12 +	9.51 +	2
<b>800 m</b>	< 13.56	< 16.28	< 18.14	< 19.12	< 17.38	10
	13.56 < 17.15	16.28 < 20.24	18.14 < 22.34	19.12 < 23.46	17.38 < 21.50	6
	17.15 +	20.24 +	22.34 +	23.46 +	21.50 +	4
<b>1500 m</b>	< 26.48	< 32.15	< 35.43			40
	26.48 < 33.11	32.15 < 39.56	35.43 < 44.13			30
	33.11 +	39.56 +	44.13 +			20
<b>30 mins</b>	<= 1425	<= 1175	<= 1050	< Denotes "less than"  + Denotes "equal to" or "greater than"		20
	1425 - 1650	1175 - 1375	1050 - 1225		30	
	1675 +	1400 +	1250 +		40	
<b>45 mins</b>	<= 2025	<= 1675	<= 1525			25
	2025 - 2400	1675 - 2000	1525 - 1800			35
	2425 +	2025 +	1825 +			50
<b>60 mins</b>	<= 2625	<= 2175	<= 1975			40
	2625 - 3175	2175 - 2625	1975 - 2375			60
	3200 +	2650 +	2400 +			80