



MASTERS SWIMMING AUSTRALIA

**WOMEN 30 - 34 YEARS**

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
<b>400 m</b>	< 6.37	< 7.56	< 8.48	< 9.16	< 8.08	5
	6.37 < 8.11	7.56 < 9.50	8.48 < 10.54	9.16 < 11.28	8.08 < 10.05	3
	8.11 +	9.50 +	10.54 +	11.28 +	10.05 +	2
<b>800 m</b>	< 14.16	< 16.51	< 18.39	< 19.38	< 18.03	10
	14.16 < 17.39	16.51 < 20.52	18.39 < 23.06	19.38 < 24.19	18.03 < 22.20	6
	17.39 +	20.52 +	23.06 +	24.19 +	22.20 +	4
<b>1500 m</b>	< 27.26	< 33.00	< 36.32			40
	27.26 < 33.57	33.00 < 40.51	36.32 < 45.14			30
	33.57 +	40.51 +	45.14 +			20
<b>30 mins</b>	<= 1400	<= 1150	<= 1050	< Denotes "less than"  + Denotes "equal to" or "greater than"		20
	1400 - 1625	1150 - 1350	1050 - 1200		30	
	1650 +	1375 +	1225 +		40	
<b>45 mins</b>	<= 1975	<= 1650	<= 1475			25
	1975 - 2350	1650 - 1950	1475 - 1750			35
	2375 +	1975 +	1775 +			50
<b>60 mins</b>	<= 2575	<= 2150	<= 1925			40
	2575 - 3100	2150 - 2575	1925 - 2325			60
	3125 +	2600 +	2350 +			80