



MASTERS SWIMMING AUSTRALIA

WOMEN 35 - 39 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.47	< 8.08	< 9.01	< 9.30	< 8.21	5
	6.47 < 8.24	8.08 < 10.05	9.01 < 11.10	9.30 < 11.45	8.21 < 10.20	3
	8.24 +	10.05 +	11.10 +	11.45 +	10.20 +	2
800 m	< 14.37	< 17.17	< 19.08	< 20.08	< 18.30	10
	14.37 < 18.06	17.17 < 21.24	19.08 < 23.41	20.08 < 24.55	18.30 < 22.54	6
	18.06 +	21.24 +	23.41 +	24.55 +	22.54 +	4
1500 m	< 28.07	< 33.50	< 37.28			40
	28.07 < 34.49	33.50 < 41.53	37.28 < 46.22			30
	34.49 +	41.53 +	46.22 +			20
30 mins	<= 1350	<= 1125	<= 1025	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1350 - 1575	1125 - 1300	1025 - 1175		30	
	1600 +	1325 +	1200 +		40	
45 mins	<= 1925	<= 1600	<= 1450			25
	1925 - 2300	1600 - 1900	1450 - 1700			35
	2325 +	1925 +	1725 +			50
60 mins	<= 2500	<= 2075	<= 1875			40
	2500 - 3025	2075 - 2500	1875 - 2250			60
	3050 +	2525 +	2275 +			80