



MASTERS SWIMMING AUSTRALIA

WOMEN 40 - 44 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.59	< 8.23	< 9.17	< 9.47	< 8.35	5
	6.59 < 8.39	8.23 < 10.22	9.17 < 11.30	9.47 < 12.06	8.35 < 10.38	3
	8.39 +	10.22 +	11.30 +	12.06 +	10.38 +	2
800 m	< 15.03	< 17.47	< 19.41	< 20.44	< 19.03	10
	15.03 < 18.38	17.47 < 22.01	19.41 < 24.23	20.44 < 25.40	19.03 < 23.35	6
	18.38 +	22.01 +	24.23 +	25.40 +	23.35 +	4
1500 m	< 28.57	< 34.50	< 38.34			40
	28.57 < 35.50	34.50 < 43.07	38.34 < 47.44			30
	35.50 +	43.07 +	47.44 +			20
30 mins	<= 1300	<= 1100	<= 1000	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1300 - 1525	1100 - 1275	1000 - 1150		30	
	1550 +	1300 +	1175 +		40	
45 mins	<= 1875	<= 1550	<= 1400			25
	1875 - 2225	1550 - 1850	1400 - 1675			35
	2250 +	1875 +	1700 +			50
60 mins	<= 2425	<= 2025	<= 1825			40
	2425 - 2925	2025 - 2425	1825 - 2200			60
	2950 +	2450 +	2225 +			80