



MASTERS SWIMMING AUSTRALIA

WOMEN 45 - 49 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.13	< 8.40	< 9.36	< 10.06	< 8.53	5
	7.13 < 8.56	8.40 < 10.43	9.36 < 11.53	10.06 < 12.30	8.53 < 10.59	3
	8.56 +	10.43 +	11.53 +	12.30 +	10.59 +	2
800 m	< 15.33	< 18.23	< 20.21	< 21.25	< 19.41	10
	15.33 < 19.15	18.23 < 22.46	20.21 < 25.11	21.25 < 26.31	19.41 < 24.22	6
	19.15 +	22.46 +	25.11 +	26.31 +	24.22 +	4
1500 m	< 29.55	< 35.59	< 39.51			40
	29.55 < 37.02	35.59 < 44.33	39.51 < 49.20			30
	37.02 +	44.33 +	49.20 +			20
30 mins	<= 1275	<= 1050	<= 950	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1275 - 1475	1050 - 1225	950 - 1100		30	
	1500 +	1250 +	1125 +		40	
45 mins	<= 1800	<= 1500	<= 1350			25
	1800 - 2150	1500 - 1775	1350 - 1600			35
	2175 +	1800 +	1625 +			50
60 mins	<= 2350	<= 1950	<= 1775			40
	2350 - 2825	1950 - 2350	1775 - 2125			60
	2850 +	2375 +	2150 +			80