



MASTERS SWIMMING AUSTRALIA

WOMEN 55 - 59 YEARS

DISTANCE	FREESTYLE		BACKSTROKE		BREASTSTROKE		BUTTERFLY		IND. MEDLEY		PTS.
400 m	<	7.51	<	9.49	<	10.26	<	11.47	<	9.49	5
	7.51 <	9.43	9.49 <	12.09	10.26 <	12.56	11.47 <	14.35	9.49 <	12.09	3
	9.43 +		12.09 +		12.56 +		14.35 +		12.09 +		2
800 m	<	16.55	<	20.50	<	22.08	<	24.58	<	21.45	10
	16.55 <	20.57	20.50 <	25.47	22.08 <	27.24	24.58 <	30.54	21.45 <	26.56	6
	20.57 +		25.47 +		27.24 +		30.54 +		26.56 +		4
1500 m	<	32.32	<	40.47	<	43.21					40
	32.32 <	40.17	40.47 <	50.29	43.21 <	53.40					30
	40.17 +		50.29 +		53.40 +						20
30 mins	<=	1150	<=	925	<=	875	< Denotes "less than"				20
	1150 -	1350	925 -	1075	875 -	1025					30
	1375 +		1100 +		1050 +				+ Denotes "equal to" or "greater than"		40
45 mins	<=	1650	<=	1325	<=	1250					25
	1650 -	1975	1325 -	1575	1250 -	1475					35
	2000 +		1600 +		1500 +				50		
60 mins	<=	2150	<=	1725	<=	1625			40		
	2150 -	2600	1725 -	2075	1625 -	1950			60		
	2625 +		2100 +		1975 +				80		