



ENDURANCE 1000 POINTSCORE :

MEN 18 - 24 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 5.46	< 6.55	< 7.40	< 8.04	< 7.06	5
	5.46 < 7.08	6.55 < 8.34	7.40 < 9.29	8.04 < 9.59	7.06 < 8.46	3
	7.08 +	8.34 +	9.29 +	9.59 +	8.46 +	2
800 m	< 12.26	< 14.41	< 16.16	< 17.07	< 15.44	10
	12.26 < 15.23	14.41 < 18.11	16.16 < 20.07	17.07 < 21.11	15.44 < 19.28	6
	15.23 +	18.11 +	20.07 +	21.11 +	19.28 +	4
1500 m	< 23.54	< 28.46	< 31.51			40
	23.54 < 29.35	28.46 < 35.36	31.51 < 39.25			30
	29.35 +	35.36 +	39.25 +			20
30 mins	< 1550	< 1300	< 1175	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1550 - 1825	1300 - 1525	1175 - 1375			30
	1850 +	1550 +	1400 +			40
45 mins	< 2250	< 1900	< 1700			25
	2250 - 2700	1900 - 2250	1700 - 2025			35
	2725 +	2275 +	2050 +			50
60 mins	< 2950	< 2450	< 2200			40
	2950 - 3550	2450 - 2950	2200 - 2650			60
	3575 +	2975 +	2675 +			80