



ENDURANCE 1000 POINTSCORE :

MEN 25 - 29 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 5.53	< 7.04	< 7.5	< 8.14	< 7.14	5
	5.53 < 7.17	7.04 < 8.44	7.5 < 9.41	8.14 < 10.11	7.14 < 8.57	3
	7.17 +	8.44 +	9.41 +	10.11 +	8.57 +	2
800 m	< 12.41	< 14.59	< 16.36	< 17.28	< 16.03	10
	12.41 < 15.42	14.59 < 18.33	16.36 < 20.17	17.28 < 21.37	16.03 < 19.52	6
	15.42 +	18.33 +	20.17 +	21.37 +	19.52 +	4
1500 m	< 24.24	< 29.21	< 32.39			40
	24.24 < 30.11	29.21 < 36.20	32.39 < 40.22			30
	30.11 +	36.20 +	40.22 +			20
30 mins	< 1525	< 1300	< 1175	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1525 - 1800	1300 - 1500	1175 - 1350			30
	1825 +	1525 +	1375 +			40
45 mins	< 2225	< 1850	< 1675			25
	2225 - 2650	1850 - 2200	1675 - 1975			35
	2675 +	2225 +	2000 +			50
60 mins	< 2875	< 2400	< 2175			40
	2875 - 3475	2400 - 2900	2175 - 2600			60
	3500 +	2925 +	2625 +			80