



ENDURANCE 1000 POINTSCORE :

MEN

30 - 34 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.01	< 7.13	< 8.00	< 8.25	< 7.24	5
	6.01 < 7.26	7.13 < 8.56	8.00 < 9.54	8.25 < 10.25	7.24 < 9.09	3
	7.26 +	8.56 +	9.54 +	10.25 +	9.09 +	2
800 m	< 12.58	< 15.20	< 16.58	< 17.51	< 16.24	10
	12.58 < 16.03	15.20 < 18.58	16.58 < 20.58	17.51 < 22.06	16.24 < 20.18	6
	16.03 +	18.58 +	20.58 +	22.06 +	20.18 +	4
1500 m	< 24.56	< 30.00	< 34.14			40
	24.56 < 30.52	30.00 < 37.08	34.14 < 42.08			30
	30.52 +	37.08 +	42.08 +			20
30 mins	< 1500	< 1275	< 1150	< Denotes "less than"		20
	1500 - 1750	1275 - 1475	1150 - 1325			30
	1750 +	1500 +	1350 +	+ Denotes "equal to" or "greater than"		40
45 mins	< 2175	< 1800	< 1625			25
	2175 - 2575	1800 - 2150	1625 - 1925			35
	2600 +	2175 +	1950 +			50
60 mins	< 2825	< 2350	< 2100			40
	2825 - 3400	2350 - 2825	2100 - 2525			60
	3425 +	2850 +	2500 +			80