



ENDURANCE 1000 POINTSCORE :

MEN

35 - 39 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.10	< 7.24	< 8.12	< 8.38	< 7.35	5
	6.10 < 7.38	7.24 < 9.09	8.12 < 10.09	8.38 < 10.41	7.35 < 9.23	3
	7.38 +	9.09 +	10.09 +	10.41 +	9.23 +	2
800 m	< 13.17	< 15.43	< 17.23	< 18.18	< 16.49	10
	13.17 < 16.27	15.43 < 19.26	17.23 < 21.11	18.18 < 22.39	16.49 < 20.49	6
	16.27 +	19.26 +	21.11 +	22.39 +	20.49 +	4
1500 m	< 25.34	< 31.10	< 34.4			20
	25.34 < 31.38	31.10 < 39.29	34.4 < 42.46			30
	31.38 +	39.29 +	42.46 +			40
30 mins	< 1450	< 1225	< 1125	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1450 - 1700	1225 - 1400	1125 - 1300			30
	1725 +	1450 +	1325 +			40
45 mins	< 2125	< 1775	< 1575			25
	2125 - 2525	1775 - 2100	1575 - 1875			35
	2550 +	2125 +	1900 +			50
60 mins	< 2775	< 2300	< 2075			40
	2775 - 3325	2300 - 2750	2075 - 2475			60
	3350 +	2775 +	2500 +			80