



ENDURANCE 1000 POINTSCORE :

MEN

40 - 44 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.21	< 7.37	< 8.27	< 8.53	< 7.49	5
	6.21 < 7.51	7.37 < 9.26	8.27 < 10.27	8.53 < 11.00	7.49 < 9.40	3
	7.51 +	9.26 +	10.27 +	11.00 +	9.40 +	2
800 m	< 13.41	< 16.11	< 17.54	< 18.51	< 17.19	10
	13.41 < 16.56	16.11 < 20.01	17.54 < 21.57	18.51 < 23.19	17.19 < 21.26	6
	16.56 +	20.01 +	21.57 +	23.19 +	21.26 +	4
1500 m	< 26.19	< 31.40	< 35.36			40
	26.19 < 32.35	31.40 < 39.12	35.36 < 43.56			30
	32.35 +	39.12 +	43.56 +			20
30 mins	< 1450	< 1175	< 1075	< Denotes "less than"		20
	1450 - 1675	1175 - 1375	1075 - 1250			30
	1700 +	1400 +	1275 +	+ Denotes "equal to" or "greater than"		40
45 mins	< 2050	< 1700	< 1550			25
	2050 - 2450	1700 - 2025	1550 - 1825			35
	2475 +	2050 +	1850 +			50
60 mins	< 2675	< 2225	< 2025			40
	2675 - 3225	2225 - 2675	2025 - 2425			60
	3250 +	2700 +	2450 +			80