



ENDURANCE 1000 POINTSCORE :

MEN 45 - 49 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.34	< 7.53	< 8.44	< 9.12	< 8.05	5
	6.34 < 8.07	7.53 < 9.45	8.44 < 10.48	9.12 < 11.22	8.05 < 9.59	3
	8.07 +	9.45 +	10.48 +	11.22 +	9.59 +	2
800 m	< 14.09	< 16.44	< 18.31	< 19.29	< 17.54	10
	14.09 < 17.31	16.44 < 20.42	18.31 < 22.45	19.29 < 24.07	17.54 < 22.10	6
	17.31 +	20.42 +	22.45 +	24.07 +	22.10 +	4
1500 m	< 27.13	< 32.40	< 36.16			40
	27.13 < 33.41	32.40 < 40.27	36.16 < 44.53			30
	33.41 +	40.27 +	44.53 +			20
30 mins	< 1375	< 1150	< 1025	< Denotes "less than"		20
	1375 - 1600	1150 - 1325	1025 - 1200			30
	1625 +	1350 +	1225 +	+ Denotes "equal to" or "greater than"		40
45 mins	< 2000	< 1675	< 1500			25
	2000 - 2375	1675 - 1975	1500 - 1775			35
	2400 +	2000 +	1800 +			50
60 mins	< 2600	< 2150	< 1950			40
	2600 - 3125	2150 - 2575	1950 - 2325			60
	3150 +	2600 +	2350 +			80