



ENDURANCE 1000 POINTSCORE :

MEN 50 - 54 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.49	< 8.11	< 9.04	< 9.33	< 8.23	5
	6.49 < 8.26	8.11 < 10.07	9.04 < 11.13	9.33 < 11.49	8.23 < 10.22	3
	8.26 +	10.07 +	11.13 +	11.49 +	10.22 +	2
800 m	< 14.57	< 17.22	< 19.13	< 20.14	< 18.36	10
	14.57 < 18.26	17.22 < 21.30	19.13 < 23.36	20.14 < 25.03	18.36 < 23.01	6
	18.11 +	21.30 +	23.36 +	25.03 +	23.01- +	4
1500 m	< 28.16	< 34.00	< 38.1			40
	28.16 < 34.59	34.00 < 42.05	38.1 < 47.07			30
	34.59 +	42.05 +	47.07 +			20
30 mins	< 1325	< 1125	< 1025	< Denotes "less than"  + Denotes "equal to" or "greater than"		20
	1325 - 1550	1125 - 1300	1025 - 1175			30
	1575 +	1325 +	1200 +			40
45 mins	< 1900	< 1600	< 1450			25
	1900 - 2275	1600 - 1900	1450 - 1700			35
	2300 +	1925 +	1725 +			50
60 mins	< 2500	< 2075	< 1875			40
	2500 - 3000	2075 - 2500	1875 - 2250			60
	3025 +	2525 +	2275 +			80