



ENDURANCE 1000 POINTSCORE :

MEN

55 - 59 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.08	< 8.55	< 9.29	< 10.42	< 8.55	5
	7.08 < 8.50	8.55 < 11.02	9.29 < 11.45	10.42 < 13.15	8.55 < 11.02	3
	8.50 +	11.02 +	11.45 +	13.15 +	11.02 +	2
800 m	< 15.22	< 18.56	< 20.07	< 22.41	< 19.46	10
	15.22 < 19.02	18.56 < 23.26	20.07 < 24.54	22.41 < 28.05	19.46 < 24.28	6
	19.02 +	23.26 +	24.54 +	28.05 +	24.28 +	4
1500 m	< 29.37	< 37.39	< 39.52			40
	29.37 < 36.49	37.39 < 46.39	39.52 < 49.25			30
	36.49 +	46.39 +	49.25 +			20
30 mins	< 1250	< 1025	< 975	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1250 - 1475	1025 - 1200	975 - 1125			30
	1500 +	1225 +	1150 +			40
45 mins	< 1825	< 1475	< 1375			25
	1825 - 2175	1475 - 1750	1375 - 1625			35
	2200 +	1775 +	1650 +			50
60 mins	< 2400	< 1900	< 1800			40
	2400 - 2875	1900 - 2275	1800 - 2150			60
	2900 +	2300 +	2175 +			80