



ENDURANCE 1000 POINTSCORE :

MEN

60 - 64 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.30	< 9.23	< 9.59	< 11.15	< 9.23	5
	7.30 < 9.17	9.23 < 11.36	9.59 < 12.21	11.15 < 13.56	9.23 < 11.36	3
	9.17 +	11.36 +	12.21 +	13.56 +	11.36 +	2
800 m	< 16.10	< 19.54	< 21.09	< 23.51	< 20.47	10
	16.10 < 20.01	19.54 < 24.38	21.09 < 26.11	23.51 < 29.32	20.47 < 25.44	6
	20.01 +	24.38 +	26.11 +	29.32 +	25.44 +	4
1500 m	< 31.22	< 39.21	< 42.00			40
	31.22 < 38.46	39.21 < 48.37	42.00 < 52.00			30
	38.46 +	48.37 +	52.00 +			20
30 mins	< 1200	< 975	< 900	< Denotes "less than"		20
	1200 - 1400	975 - 1125	900 - 1050			30
	1425 +	1150 +	1075 +	+ Denotes "equal to" or "greater than"		40
45 mins	< 1750	< 1400	< 1300			25
	1750 - 2075	1400 - 1650	1300 - 1550			35
	2100 +	1675 +	1575 +			50
60 mins	< 2275	< 1825	< 1700			40
	2275 - 2725	1825 - 2175	1700 - 2050			60
	2750 +	2200 +	2075 +			80