



ENDURANCE 1000 POINTSCORE :

MEN 70 - 74 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 9.28	< 11.51	< 12.36	< 14.30	< 11.51	5
	9.28 < 11.29	11.51 < 14.22	12.36 < 15.17	14.30 < 17.14	11.51 < 14.22	3
	11.29 +	14.22 +	15.17 +	17.14 +	14.22 +	2
800 m	< 20.25	< 25.09	< 26.43	< 30.08	< 26.15	10
	20.25 < 24.46	25.09 < 30.29	26.43 < 32.24	30.08 < 36.32	26.15 < 31.50	6
	24.46 +	30.29 +	32.24 +	36.32 +	31.50 +	4
1500 m	< 39.16	< 49.13	< 53.31			40
	39.16 < 47.37	49.13 < 59.41	53.31 < 63.41			30
	47.37 +	59.41 +	63.41 +			20
30 mins	< 925	< 750	< 700	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	925 - 1125	750 - 900	700 - 850			30
	1125 +	925 +	875 +			40
45 mins	< 1350	< 1100	< 1025			25
	1350 - 1650	1100 - 1350	1025 - 1250			35
	1650 +	1375 +	1275 +			50
60 mins	< 1800	< 1425	< 1350			40
	1800 - 2200	1425 - 1775	1350 - 1650			60
	2200 +	1800 +	1675 +			80