



ENDURANCE 1000 POINTSCORE :

MEN

90+

YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 12.59	< 16.15	< 17.17	< 19.30	< 16.15	5
	12.59 < 15.45	16.15 < 19.42	17.17 < 20.58	19.30 < 23.39	16.15 < 19.42	3
	15.45 +	19.42 +	20.58 +	23.39 +	19.42 +	2
800 m	< 28.00	< 34.30	< 37.30	< 41.20	< 36.01	10
	28.00 < 33.58	34.30 < 41.50	37.30 < 51.17	41.20 < 50.08	36.01 < 43.41	6
	33.58 +	41.50 +	51.17 +	50.08 +	43.41 +	4
1500 m	< 53.52	< 68.21	< 74.16			40
	53.52 < 65.20	68.21 < 82.45	74.16 < 89.33			30
	65.20 +	82.45 +	79.25 + 89.33			20
30 mins	< 675	< 575	< 525	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	675 - 825	575 - 675	525 - 625			30
	850 +	700 +	650 +			40
45 mins	< 1100	< 800	< 750			25
	1100 - 1225	800 - 975	750 - 900			35
	1250 +	1000 +	925 +			50
60 mins	< 1325	< 1050	< 975			40
	1325 - 1625	1050 - 1300	975 - 1200			60
	1650 +	1325 +	1225 +			80