



ENDURANCE 1000 POINTSCORE :

WOMEN 25 - 29 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.28	< 7.46	< 8.36	< 9.03	< 7.57	5
	6.28 < 8.00	7.46 < 9.36	8.36 < 10.39	9.03 < 11.12	7.57 < 9.51	3
	8.00 +	9.36 +	10.39 +	11.12 +	9.51 +	2
800 m	< 13.56	< 16.28	< 18.14	< 19.12	< 17.38	10
	13.56 < 17.15	16.28 < 20.24	18.14 < 22.34	19.12 < 23.46	17.38 < 21.50	6
	17.15 +	20.24 +	22.34 +	23.46 +	21.50 +	4
1500 m	< 26.19	< 31.4	< 35.04			20
	26.19 < 32.35	31.4 < 39.12	35.04 < 43.24			30
	32.35 +	39.12 +	43.24 +			40
30 mins	< 1400	< 1175	< 1050	< Denotes "less than"		20
	1400 - 1625	1175 - 1375	1050 - 1225			30
	1650 +	1400 +	1250 +	+ Denotes "equal to" or "greater than"		40
45 mins	< 2025	< 1675	< 1525			25
	2025 - 2400	1675 - 2000	1525 - 1800			35
	2425 +	2025 +	1825 +			50
60 mins	< 2625	< 2175	< 1925			40
	2625 - 3175	2175 - 2625	1925 - 2325			60
	3200 +	2650 +	2350 +			80