



ENDURANCE 1000 POINTSCORE :

WOMEN 30 - 34 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 6.37	< 7.56	< 8.48	< 9.16	< 8.08	5
	6.37 < 8.11	7.56 < 9.5	8.48 < 10.54	9.16 < 11.28	8.08 < 10.05	3
	8.11 +	9.5 +	10.54 +	11.28 +	10.05 +	2
800 m	< 14.16	< 16.51	< 18.39	< 19.38	< 18.03	10
	14.16 < 17.39	16.51 < 20.52	18.39 < 23.06	19.38 < 24.19	18.03 < 22.20	6
	17.39 +	20.52 +	23.06 +	24.19 +	22.20 +	4
1500 m	< 27.26	< 33.00	< 36.32			20
	27.26 < 33.57	33.00 < 40.51	36.32 < 45.14			30
	33.57 +	40.51 +	45.14 +			40
30 mins	< 1375	< 1125	< 1050	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1375 - 1600	1125 - 1325	1050 - 1200			30
	1625 +	1350 +	1225 +			40
45 mins	< 1975	< 1650	< 1475			25
	1975 - 2350	1650 - 1950	1475 - 1750			35
	2375 +	1975 +	1775 +			50
60 mins	< 2575	< 2125	< 1875			40
	2575 - 3100	2125 - 2550	1875 - 2275			60
	3125 +	2575 +	2300 +			80