



ENDURANCE 1000 POINTSCORE :

WOMEN 35 - 39 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---------------|---------------|---------------|--|--------------|------|
| 400 m | < 6.47 | < 8.11 | < 9.01 | < 9.30 | < 8.21 | 5 |
| | 6.47 < 8.24 | 8.11 < 10.08 | 9.01 < 11.10 | 9.30 < 11.45 | 8.21 < 10.20 | 3 |
| | 8.24 + | 10.05 + | 11.10 + | 11.45 + | 10.20 + | 2 |
| 800 m | < 14.37 | < 17.17 | < 19.08 | < 20.08 | < 18.3 | 10 |
| | 14.37 < 18.06 | 17.17 < 21.24 | 19.08 < 23.41 | 20.08 < 24.55 | 18.3 < 22.54 | 6 |
| | 18.06 + | 21.24 + | 23.41 + | 24.55 + | 22.54 + | 4 |
| 1500 m | < 28.07 | < 33.53 | < 41.35 | | | 20 |
| | 28.07 < 34.49 | 33.53 < 41.56 | 41.35 < 50.22 | | | 30 |
| | 34.49 + | 41.56 + | 50.22 + | | | 40 |
| 30 mins | < 1350 | < 1125 | < 1025 | < Denotes "less than" + Denotes "equal to" or "greater than" | | 20 |
| | 1350 - 1575 | 1125 - 1300 | 1025 - 1175 | | | 30 |
| | 1600 + | 1325 + | 1200 + | | | 40 |
| 45 mins | < 1925 | < 1600 | < 1450 | | | 25 |
| | 1925 - 2300 | 1600 - 1900 | 1450 - 1700 | | | 35 |
| | 2325 + | 1925 + | 1725 + | | | 50 |
| 60 mins | < 2500 | < 2075 | < 1875 | | | 40 |
| | 2500 - 3025 | 2075 - 2500 | 1875 - 2250 | | | 60 |
| | 3050 + | 2525 + | 2275 + | | | 80 |