



ENDURANCE 1000 POINTSCORE :

WOMEN 40 - 44 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---------------|---------------|---------------|--|---------------|------|
| 400 m | < 6.59 | < 8.23 | < 9.17 | < 9.47 | < 8.35 | 5 |
| | 6.59 < 8.39 | 8.23 < 10.22 | 9.17 < 11.30 | 9.47 < 12.06 | 8.35 < 10.38 | 3 |
| | 8.39 + | 10.22 + | 11.30 + | 12.06 + | 10.38 + | 2 |
| 800 m | < 15.03 | < 17.47 | < 19.41 | < 20.44 | < 19.03 | 10 |
| | 15.03 < 18.38 | 17.47 < 22.01 | 19.41 < 24.23 | 20.44 < 25.40 | 19.03 < 23.35 | 6 |
| | 18.38 + | 22.01 + | 24.23 + | 25.40 + | 23.35 + | 4 |
| 1500 m | < 29.51 | < 34.50 | < 39.01 | | | 20 |
| | 29.51 < 36.50 | 34.50 < 43.07 | 39.01 < 48.11 | | | 30 |
| | 36.50 + | 43.07 + | 48.11 + | | | 40 |
| 30 mins | < 1300 | < 1100 | < 1000 | < Denotes "less than" + Denotes "equal to" or "greater than" | | 20 |
| | 1300 - 1525 | 1100 - 1275 | 1000 - 1150 | | | 30 |
| | 1550 + | 1300 + | 1175 + | | | 40 |
| 45 mins | < 1875 | < 1550 | < 1400 | | | 25 |
| | 1875 - 2225 | 1550 - 1850 | 1400 - 1675 | | | 35 |
| | 2250 + | 1875 + | 1700 + | | | 50 |
| 60 mins | < 2425 | < 2025 | < 1825 | | | 40 |
| | 2425 - 2925 | 2025 - 2425 | 1825 - 2200 | | | 60 |
| | 2950 + | 2450 + | 2225 + | | | 80 |