



ENDURANCE 1000 POINTSCORE :

WOMEN 45 - 49 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.13	< 8.40	< 9.36	< 10.06	< 8.53	5
	7.13 < 8.56	8.40 < 10.43	9.36 < 11.53	10.06 < 12.30	8.53 < 10.59	3
	8.56 +	10.43 +	11.53 +	12.30 +	10.59 +	2
800 m	< 15.33	< 18.23	< 20.21	< 21.25	< 19.41	10
	15.33 < 19.15	18.23 < 22.46	20.21 < 25.11	21.25 < 26.31	19.41 < 24.22	6
	19.15 +	22.46 +	25.11 +	26.31 +	24.22 +	4
1500 m	< 29.51	< 36.18	< 40.24			20
	29.51 < 36.58	36.18 < 44.52	40.24 < 49.53			30
	36.58 +	44.52 +	49.53 +			40
30 mins	< 1250	< 1050	< 950	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1250 - 1450	1050 - 1225	950 - 1100			30
	1475 +	1250 +	1125 +			40
45 mins	< 1800	< 1500	< 1350			25
	1800 - 2150	1500 - 1775	1350 - 1600			35
	2175 +	1800 +	1625 +			50
60 mins	< 2350	< 1950	< 1725			40
	2350 - 2825	1950 - 2350	1725 - 2075			60
	2850 +	2375 +	2100 +			80