



ENDURANCE 1000 POINTSCORE :

WOMEN 50 - 54 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.3	< 9.00	< 9.59	< 10.30	< 9.14	5
	7.3 < 9.17	9.00 < 11.09	9.59 < 12.21	10.30 < 12.59	9.14 < 11.25	3
	9.17 +	11.09 +	12.21 +	12.59 +	11.25 +	2
800 m	< 16.10	< 19.06	< 21.09	< 22.16	< 20.27	10
	16.10 < 20.01	19.06 < 23.39	21.09 < 26.11	22.16 < 27.33	20.27 < 25.19	6
	20.01 +	23.39 +	26.11 +	27.33 +	25.19 +	4
1500 m	< 31.28	< 38.02	< 42.14			20
	31.28 < 38.52	38.02 < 46.48	42.14 < 60.05			30
	38.52 +	46.48 +	60.05 +			40
30 mins	< 1200	< 1025	< 925	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1200 - 1400	1025 - 1175	925 - 1075			30
	1425 +	1200 +	1100 +			40
45 mins	< 1750	< 1450	< 1300			25
	1750 - 2075	1450 - 1700	1300 - 1550			35
	2100 +	1725 +	1575 +			50
60 mins	< 2275	< 1850	< 1675			40
	2275 - 2725	1850 - 2225	1675 - 2025			60
	2750 +	2250 +	2050 +			80

