



ENDURANCE 1000 POINTSCORE :

WOMEN 55 - 59 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 7.51	< 9.49	< 10.26	< 11.47	< 9.49	5
	7.51 < 9.43	9.49 < 12.09	10.26 < 12.56	11.47 < 14.35	9.49 < 12.09	3
	9.43 +	12.09 +	12.56 +	14.35 +	12.09 +	2
800 m	< 16.55	< 20.50	< 22.08	< 24.58	< 21.45	10
	16.55 < 20.57	20.50 < 25.47	22.08 < 27.24	24.58 < 30.54	21.45 < 26.56	6
	20.57 +	25.47 +	27.24 +	30.54 +	26.56 +	4
1500 m	< 32.4	< 41.46	< 44.09			20
	32.4 < 40.25	41.46 < 51.25	44.09 < 54.29			30
	40.25 +	51.25 +	54.29 +			40
30 mins	< 1150	< 925	< 875	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	1150 - 1350	925 - 1075	875 - 1025			30
	1375 +	1100 +	1050 +			40
45 mins	< 1650	< 1325	< 1250			25
	1650 - 1975	1325 - 1575	1250 - 1475			35
	2000 +	1600 +	1500 +			50
60 mins	< 2150	< 1725	< 1600			40
	2150 - 2600	1725 - 2075	1600 - 1925			60
	2625 +	2100 +	1950 +			80

