



ENDURANCE 1000 POINTSCORE :

WOMEN 70 - 74 YEARS

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	PTS.
400 m	< 10.26	< 13.02	< 13.52	< 15.38	< 13.02	5
	10.26 < 12.39	13.02 < 15.48	13.52 < 16.49	15.38 < 18.58	13.02 < 15.48	3
	12.39 +	15.48 +	16.49 +	18.58 +	15.48 +	2
800 m	< 22.28	< 27.40	< 29.24	< 33.09	< 28.53	10
	22.28 < 27.15	27.40 < 33.33	29.24 < 35.39	33.09 < 40.12	28.53 < 35.02	6
	27.15 +	33.33 +	35.39 +	40.12 +	35.02 +	4
1500 m	< 43.12	< 55.05	< 59.34			20
	43.12 < 52.24	55.05 < 66.36	59.34 < 71.49			30
	52.24 +	66.36 +	71.49 +			40
30 mins	< 875	< 675	< 675	< Denotes "less than" + Denotes "equal to" or "greater than"		20
	875 - 1050	675 - 825	675 - 800			30
	1075 +	850 +	825 +			40
45 mins	< 1250	< 1000	< 950			25
	1250 - 1550	1000 - 1225	950 - 1150			35
	1575 +	1250 +	1175 +			50
60 mins	< 1625	< 1300	< 1225			40
	1625 - 2025	1300 - 1600	1225 - 1500			60
	2050 +	1625 +	1500 +			80

