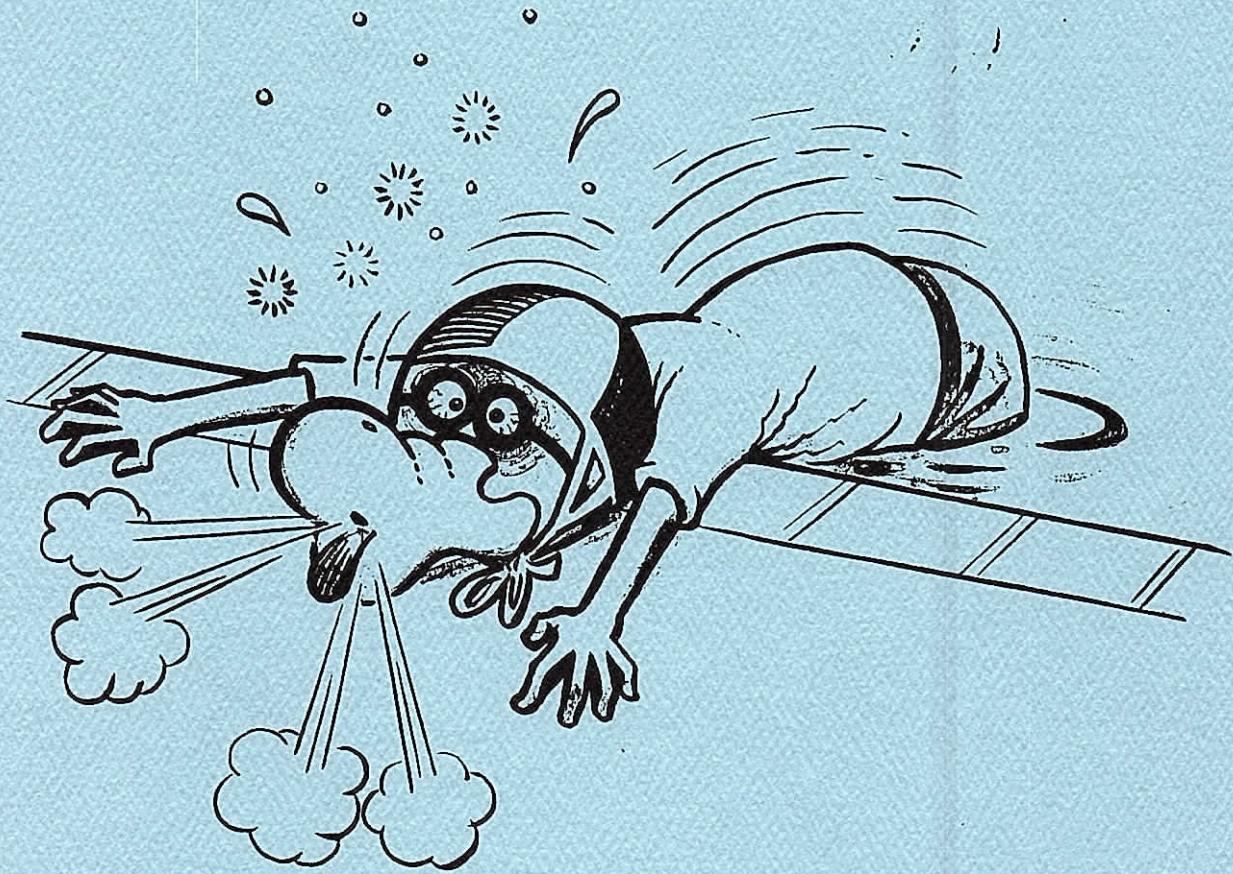


NATIONAL AEROBIC TROPHY



Rules and Point Scores

New Edition 1989.

INTRODUCTION

The National Aerobic Trophy is offered as an alternative to competition, to encourage all swimmers to improve their fitness and endurance. Point scores and times have been supplied for all strokes and distances set down in the Rules for this Trophy.

Please ensure all Rules are complied with and all submissions are on the correct forms. Forms are available on request from your Branch Secretary. Clubs must send submissions to their Branch Recorder as soon after 30th September as possible. Some Branch Recorders request submissions at intervals during the year. Branches will be notified of the name and address of the National Aerobic Recorder and the final closing date for submissions for the National Aerobic Trophy each year.

The winner of the National Aerobic Trophy is the Club in Australia scoring the highest number of points gained by its members, after all the Rules are complied with. The National Aerobic Trophy is presented each year at the National Presentation Dinner.

National Award Badges are available for all Aerobic Trophy swims, after payment of the appropriate fee, provided the Rules of the Trophy are adhered to. The exception to this is the 1500m swim. (See Rule 10) Badges are available from your Branch, or if the Branch does not keep them, from the National Office.

The forms have been restyled for consistency and ease of computerization. Stocks of these will be available after re-printing. However, please continue to use the available forms.

Good luck with your endurance swimming. It is a great way to see your fitness and style improve.

Trish Beveridge
National Aerobic Recorder

First printed	1982
Reprinted	1983
Reprinted	1985
New Edition	1989

NATIONAL AEROBIC TROPHY

AIM:

To promote aerobic fitness by providing an incentive (in the form of club points) for members to swim longer distances. In this way, due recognition will be given to the aerobic fitness aspect of swimming as points are awarded according to relative degrees of fitness.

INCENTIVE:

The incentive or credit for improving aerobic fitness by swimming distances is offered on two levels.

- (i) INDIVIDUAL LEVEL where swimmers are encouraged to train for and attempt the existing AUSSI National Awards. i.e. 400m, 800m, 1500m, 3000m, 5000m and 1 Hour swim.
- (ii) CLUB LEVEL. While members are improving their aerobic fitness by swimming longer distances, they can score points for their club.

SWIMMING ABILITY:

The pointscoring system assumes the person has an average level of swimming efficiency and technique. A person with poor technique may swim slower times than another for the same award, even though they may be of similar fitness. It may appear that such a person is disadvantaged by the points system, however:

- (a) it is believed that this person will be the 'exception' rather than 'the rule'.
- (b) credit is being given for swimming performance based on swimming fitness.
- (c) we are a swimming association and one of our aims is to improve swimming ability.

Correct swimming strokes must be maintained throughout the swim and in all strokes, turns, touches and finishes. Clubs must disqualify swimmers who do not swim in accordance with AUSSI Rules in the same manner as in competition swim meets.

THE TROPHY WINNER:

A trophy shall be awarded each year to the club scoring the highest number of points gained by its members swimming the awards using the following pointscoring tables and complying with the conditions set out in this document for each award.

POINTSCORING TABLES:

The point system allocates points for swims based on the time taken to cover the distance. As a person's level of fitness improves then his/her time for this distance should decrease. Also as fitness increases, a person is able to put in more effort to achieve these faster times. Points are allocated on the amount of effort expended to swim these times.

Note again that a person's style of swimming must not be grossly inefficient.

It is recognised that aerobic fitness decreases with age, (not necessarily due to lack of training), therefore, these tables allow for that decrease.

It is also recognised that women have a lower aerobic power due to many factors other than training, and an allowance for this has also been made.

The 400m and 800m swims, in comparison with the other swims, should really score less points. However, as they have to be swum five (5) times, this score has been arrived at.

NOTES FOR RECORDERS:

1. Please make sure all entries are complete and on the official forms before sending them to the Branch Recorder.
2. Mark whether the entries are for the National Aerobic Trophy only, or for a National Award Badge as well.
3. If a badge is required, please include the appropriate fee.
4. Please ensure the average time for the five 400m and 800m swims is filled in on the forms.
5. If a swimmer intends to attempt more than one award swim on the same day, to avoid disqualification please note start time of each swim on the form.
6. All forms are requested in Club order,
in Alphabetical order;
in Swim order according to the Pointscore booklet.

NATIONAL AEROBIC TROPHY RULES

RULES OF AUSSI

These Rules are binding on all Branches and all affiliated Clubs. They may be altered and added to only by the National Council.

1. Only registered AUSSI members are eligible to gain points for their club.
2. Points for the Aerobic Trophy will be scored between 1st October of one year and 30th September of the following year.

3. Award attempts must be:
 - (a) recorded on the official recording form (including the information summary of name, age, sex, club, registration number, average time etc.)
 - (b) organised by the Club, not individuals.
 - (c) have at least ONE (1) Club official (a committee member or a person nominated as an official) present to certify correctness of timekeeping and verify awards.
4. Submission of award and points forms:
 - (a) Forms must be submitted to Branch Recorders as directed. The Branch Recorder, after processing relevant details, will forward forms to the National Aerobic Recorder when requested.
 - (b) If a National Award Badge is required, the submission must be accompanied by the appropriate fee and fulfil all relevant Rules.
5. To allow a swimmer to gain maximum fitness and maximum points, attempts are to be swum individually and not collectively. If a swimmer nominated for a distance and does not make that distance, then credit is given for the lesser distance successfully completed.
6. All distances must be swum in a pool/swimming area where the distance between laps is no shorter than 25 metres.
7. For the number of times that awards can be swum in the year October 1 to September 30, please see the Conditions for each award. If a swimmer improves his/her time for an award during the year so mentioned, further submissions may be forwarded to the Recorder, but only the fastest submission will be accepted for point allocation.
8. If a swimmer changes into another age grouping during the 400m and 800m attempts, the age is that at three of the swims.
9. All distances must be completed in the times set out in the points charts for each award.
10. If a swimmer transfers between clubs during an aerobic year, the points accumulated from all completed events remain with the former Club.
(Note: even if four swims have been attempted in a 400m or 800m event, it is still deemed to be incomplete.)
11. Conditions for Awards. Only swimmers who comply with the following Conditions for each Award will score points for their Club.

CONDITIONS FOR AWARDS POINTS ALLOCATION

400m and 800m

1. The time taken is the AVERAGE of five (5) swims and this average time must be entered on the form. Points are allocated according to sex, age, stroke and average time swum.
2. There must be five (5) NON-STOP SWIMS. Each of these must be swum in a DIFFERENT month of the specified year.
3. The award can be swum only ONCE in each of the FOUR STROKES plus a MEDLEY in any year. e.g. a maximum of five 400m and five 800m swims.
4. 100m split times are to be entered on the forms, except for times swum at State and National meets when such swims will be eligible without splits.

1500m

1. The swim must be NON-STOP and points are allocated according to sex, age, stroke and time swum.
To qualify for the National Award Badge for 1500m the time swum also has to equal, or be less than, 50 times the swimmers best 50m time for that stroke in that year. Hence, forms should be submitted to Branch Recorders as close to September 30 as possible so that the final 50m time for the season is known.
2. The award can be swum only ONCE in each of the three strokes: freestyle, backstroke and breaststroke.
3. 100m split times are to be entered on the forms, except for times swum at State and National meets when such swims will be eligible without splits.

3000m and 5000m

1. These distances must be swum in accurately measured pools.
2. The distance must be covered NON-STOP.
3. The award can be swum only ONCE in each of the three strokes: freestyle, backstroke and breaststroke.
4. 100m split times are to be entered on the forms.

1 HOUR SWIM

1. The time set is 1 Hour.
2. The distance credited is to the nearest 50m completed. (i.e. it is rounded down to the nearest 50m).
3. The object is to cover as much distance as possible by swimming NON-STOP for the hour.
4. Entries must be on the official form and may be swum at any time during the specified year.
5. The award can be swum only ONCE in each of the three strokes: freestyle, backstroke and breaststroke.
6. 100m split times are to be entered on the forms.

POINTS SCORE 400m SWIM - WOMEN

< Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	I.M.	PTS.
20-24	< 6.21 6.21 - 7.49 7.50 - 9.16 9.17 +	< 7.33 7.33 - 9.18 9.19 - 11.02 11.03 +	< 8.26 8.26 - 10.23 10.24 - 12.20 12.21 +	< 8.52 8.52 - 10.55 10.56 - 12.57 12.58 +	< 7.48 7.48 - 9.36 9.37 - 11.23 11.24 +	4 3 2 1
25-29	< 6.28 6.28 - 7.59 8.00 - 9.29 9.30 +	< 7.43 7.43 - 9.30 9.31 - 11.18 11.19 +	< 8.38 8.38 - 10.37 10.38 - 12.37 12.38 +	< 9.05 9.05 - 11.11 11.12 - 13.16 13.17 +	< 7.59 7.59 - 9.50 9.51 - 11.40 11.41 +	4 3 2 1
30-34	< 6.37 6.37 - 8.10 8.11 - 9.41 9.42 +	< 7.53 7.53 - 9.43 9.44 - 11.32 11.33 +	< 8.49 8.49 - 10.51 10.52 - 12.53 12.54 +	< 9.17 9.17 - 11.25 11.26 - 13.33 13.34 +	< 8.09 8.09 - 10.02 10.03 - 11.55 11.56 +	4 3 2 1
35-39	< 6.47 6.47 - 8.19 8.20 - 9.54 9.55 +	< 8.03 8.03 - 9.55 9.56 - 11.46 11.47 +	< 9.00 9.00 - 11.06 11.07 - 13.10 13.11 +	< 9.29 9.29 - 11.40 11.41 - 13.52 13.53 +	< 8.19 8.19 - 10.14 10.15 - 12.09 12.10 +	4 3 2 1
40-44	< 6.59 6.59 - 8.36 8.37 - 10.13 10.14 +	< 8.19 8.19 - 10.14 10.15 - 12.09 12.10 +	< 9.18 9.18 - 11.26 11.27 - 13.35 13.36 +	< 9.46 9.46 - 12.02 12.03 - 14.17 14.18 +	< 8.35 8.35 - 10.34 10.35 - 12.32 12.33 +	4 3 2 1
45-49	< 7.13 7.13 - 8.51 8.52 - 10.31 10.32 +	< 8.34 8.34 - 10.31 10.32 - 12.30 12.31 +	< 9.35 9.35 - 11.47 11.48 - 14.00 14.01 +	< 10.05 10.05 - 12.24 12.25 - 14.44 14.45 +	< 8.51 8.51 - 10.53 10.54 - 12.55 12.56 +	4 3 2 1
50-54	< 7.30 7.30 - 9.12 9.13 - 10.57 10.58 +	< 8.55 8.55 - 10.58 10.59 - 13.02 13.03 +	< 9.57 9.57 - 12.16 12.17 - 14.33 14.34 +	< 10.29 10.29 - 12.54 12.55 - 15.20 15.21 +	< 9.12 9.12 - 11.19 11.20 - 13.27 13.28 +	4 3 2 1
55-59	< 7.51 7.51 - 9.39 9.40 - 11.28 11.29 +	< 9.11 9.11 - 11.30 11.31 - 13.40 13.41 +	< 10.26 10.26 - 12.51 12.52 - 15.15 15.16 +	< 10.59 10.59 - 13.31 13.32 - 16.03 16.04 +	< 9.39 9.39 - 11.53 11.54 - 14.06 14.07 +	4 3 2 1
60-64	< 8.15 8.15 - 10.09 10.10 - 12.03 12.04 +	< 9.50 9.50 - 12.05 12.06 - 14.21 14.22 +	< 10.58 10.58 - 13.30 13.31 - 16.01 16.02 +	< 11.32 11.32 - 14.12 14.13 - 16.52 16.53 +	< 10.09 10.09 - 12.30 12.31 - 14.50 14.51 +	4 3 2 1
64-69	< 8.45 8.45 - 10.46 10.47 - 12.47 12.48 +	< 10.25 10.25 - 12.49 12.50 - 15.13 15.14 +	< 11.37 11.37 - 14.19 14.20 - 17.00 17.01 +	< 12.15 12.15 - 15.05 15.06 - 17.54 17.55 +	< 10.45 10.45 - 13.14 13.15 - 15.43 15.44 +	4 3 2 1
70-74	< 9.19 9.19 - 11.29 11.30 - 13.37 13.38 +	< 11.06 11.06 - 13.38 13.39 - 16.12 16.13 +	< 12.24 12.24 - 15.15 15.16 - 18.07 18.08 +	< 13.02 13.02 - 16.03 16.04 - 19.03 19.04 +	< 11.28 11.28 - 14.07 14.08 - 16.45 16.46 +	4 3 2 1
75-79	< 9.57 9.57 - 12.14 12.15 - 14.31 14.32 +	< 11.50 11.50 - 14.33 14.34 - 17.16 17.17 +	< 13.14 13.14 - 16.17 16.18 - 19.21 19.22 +	< 13.55 13.55 - 17.08 17.09 - 20.21 20.22 +	< 12.14 12.14 - 15.03 15.04 - 17.52 17.53 +	4 3 2 1
80 +	< 10.35 10.35 - 13.01 13.02 - 15.28 15.29 +	< 12.35 12.35 - 15.30 15.31 - 18.23 18.24 +	< 14.05 14.05 - 17.21 17.22 - 20.35 20.36 +	< 14.50 14.50 - 18.15 18.16 - 21.40 21.41 +	< 13.01 13.01 - 16.01 16.02 - 19.01 19.02 +	4 3 2 1

POINTS SCORE 400m SWIM - MEN

< Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	I.M.	PTS.
20-24	<5.46 5.46 - 7.06 7.07 - 8.25 8.26 +	<6.52 6.52 - 8.27 8.28 - 10.02 10.03 +	<7.40 7.40 - 9.26 9.27 - 11.13 11.14 +	<8.04 8.04 - 9.55 9.56 - 11.47 11.48 +	<7.05 7.05 - 8.43 8.44 - 10.21 10.22 +	4 3 2 1
25-29	<5.53 5.53 - 7.15 7.16 - 8.37 8.38 +	<7.01 7.01 - 8.38 8.39 - 10.16 10.17 +	<7.51 7.51 - 9.39 9.40 - 11.28 11.29 +	<8.15 8.15 - 10.10 10.11 - 12.04 12.05 +	<7.16 7.16 - 8.56 8.57 - 10.37 10.38 +	4 3 2 1
30-34	<6.01 6.01 - 7.25 7.26 - 8.48 8.49 +	<7.10 7.10 - 8.50 8.51 - 10.29 10.30 +	<8.01 8.01 - 9.52 9.53 - 11.43 11.44 +	<8.26 8.26 - 10.22 10.23 - 12.19 12.20 +	<7.25 7.25 - 9.07 9.08 - 10.50 10.51 +	4 3 2 1
35-39	<6.10 6.10 - 7.34 7.35 - 9.00 9.01 +	<7.19 7.19 - 9.01 9.02 - 10.42 10.43 +	<8.11 8.11 - 10.05 10.06 - 11.58 11.59 +	<8.37 8.37 - 10.37 10.38 - 12.36 12.37 +	<7.34 7.34 - 9.18 9.19 - 11.03 11.04 +	4 3 2 1
40-44	<6.21 6.21 - 7.49 7.50 - 9.17 9.18 +	<7.34 7.34 - 9.18 9.19 - 11.03 11.04 +	<8.27 8.27 - 10.24 10.25 - 12.21 12.22 +	<8.53 8.53 - 10.56 10.57 - 12.59 13.00 +	<7.48 7.48 - 9.36 9.37 - 11.24 11.25 +	4 3 2 1
45-49	<6.34 6.34 - 8.03 8.04 - 9.34 9.35 +	<7.47 7.47 - 9.34 9.35 - 11.22 11.23 +	<8.43 8.43 - 10.43 10.44 - 12.44 12.45 +	<9.10 9.10 - 11.17 11.18 - 13.24 13.25 +	<8.02 8.02 - 9.54 9.55 - 11.45 11.46 +	4 3 2 1
50-54	<6.49 6.49 - 8.22 8.23 - 9.57 9.58 +	<8.06 8.06 - 9.58 9.59 - 11.51 11.52 +	<9.03 9.03 - 11.09 11.10 - 13.14 13.15 +	<9.32 9.32 - 11.44 11.45 - 13.56 13.57 +	<8.22 8.22 - 10.18 10.19 - 12.13 12.14 +	4 3 2 1
55-59	<7.08 7.08 - 8.46 8.47 - 10.25 10.26 +	<8.30 8.30 - 10.27 10.28 - 12.25 12.26 +	<9.29 9.29 - 11.41 11.42 - 13.52 13.53 +	<9.59 9.59 - 12.18 12.19 - 14.36 14.37 +	<8.47 8.47 - 10.48 10.49 - 12.50 12.51 +	4 3 2 1
60-64	<7.30 7.30 - 9.14 9.15 - 10.57 10.58 +	<8.56 8.56 - 10.59 11.00 - 13.03 13.04 +	<9.58 9.58 - 12.16 12.17 - 14.34 14.35 +	<10.29 10.29 - 12.54 12.55 - 15.20 15.21 +	<9.14 9.14 - 11.22 11.23 - 13.29 13.30 +	4 3 2 1
65-69	<7.57 7.57 - 9.47 9.48 - 11.37 11.38 +	<9.28 9.28 - 11.39 11.40 - 13.50 13.51 +	<10.34 10.34 - 13.01 13.02 - 15.27 15.28 +	<11.08 11.08 - 13.42 13.43 - 16.17 16.18 +	<9.46 9.46 - 12.02 12.03 - 14.17 14.18 +	4 3 2 1
70-74	<8.28 8.28 - 10.26 10.27 - 12.23 12.24 +	<10.05 10.05 - 12.24 12.25 - 14.44 14.45 +	<11.16 11.16 - 13.52 13.53 - 16.28 16.29 +	<11.51 11.51 - 14.35 14.36 - 17.19 17.20 +	<10.25 10.25 - 12.50 12.51 - 15.14 15.15 +	4 3 2 1
75-79	<9.03 9.03 - 11.07 11.08 - 13.12 13.13 +	<10.45 10.45 - 13.14 13.15 - 15.42 15.43 +	<12.02 12.02 - 14.48 14.49 - 17.35 17.36 +	<12.39 12.39 - 15.34 15.35 - 18.30 18.31 +	<11.07 11.07 - 13.41 13.42 - 16.15 16.16 +	4 3 2 1
80 +	<9.37 9.37 - 11.50 11.51 - 14.04 14.05 +	<11.26 11.26 - 14.05 14.06 - 16.43 16.44 +	<12.48 12.48 - 15.46 15.47 - 18.43 18.44 +	<13.29 13.29 - 16.35 16.36 - 19.42 19.43 +	<11.50 11.50 - 14.34 14.35 - 17.17 17.18 +	4 3 2 1

POINTS SCORE 800m SWIM - WOMEN

< Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	I.M.	PTS.
20-24	<13.38 13.38 - 16.47 16.48 - 19.56 19.57 +	<16.01 16.01 - 19.43 19.44 - 23.25 23.26 +	<17.53 17.53 - 22.00 22.01 - 26.08 26.09 +	<18.48 18.48 - 23.09 23.10 - 27.29 27.30 +	<17.18 17.18 - 21.18 21.19 - 25.17 25.18 +	8 6 4 2
25-29	<13.57 13.57 - 17.10 17.11 - 20.23 20.24 +	<16.22 16.22 - 20.09 20.10 - 23.56 23.57 +	<18.17 18.17 - 22.30 22.31 - 26.43 26.44 +	<19.15 19.15 - 23.42 23.43 - 28.09 28.10 +	<17.44 17.44 - 21.49 21.50 - 25.55 25.56 +	8 6 4 2
30-34	<14.15 14.15 - 17.33 17.34 - 20.50 20.51 +	<16.44 16.44 - 20.35 20.36 - 24.27 24.28 +	<18.41 18.41 - 22.59 23.00 - 27.19 27.20 +	<19.40 19.40 - 24.12 24.13 - 28.44 28.45 +	<18.05 18.05 - 22.16 22.17 - 26.26 26.27 +	8 6 4 2
35-39	<14.33 14.33 - 17.56 17.57 - 21.17 21.18 +	<17.05 17.05 - 21.02 21.03 - 24.58 24.59 +	<19.05 19.05 - 23.30 23.31 - 27.54 27.55 +	<20.07 20.07 - 24.45 24.46 - 29.24 29.25 +	<18.28 18.28 - 22.44 24.45 - 27.00 27.01 +	8 6 4 2
40-44	<15.01 15.01 - 18.29 18.30 - 21.57 21.58 +	<17.38 17.38 - 21.42 21.43 - 25.47 25.48 +	<19.43 19.43 - 24.15 24.16 - 28.48 28.49 +	<20.43 20.43 - 25.29 25.30 - 30.16 30.17 +	<19.03 19.03 - 23.26 23.27 - 27.50 27.51 +	8 6 4 2
45-49	<15.28 15.28 - 19.02 19.03 - 22.36 22.37 +	<18.08 18.08 - 22.20 22.21 - 26.31 26.32 +	<20.19 20.19 - 24.59 25.00 - 29.41 29.42 +	<21.23 21.23 - 26.19 26.20 - 31.15 31.16 +	<19.38 19.38 - 24.10 24.11 - 28.42 28.43 +	8 6 4 2
50-54	<16.06 16.06 - 19.48 19.49 - 23.31 23.32 +	<18.54 18.54 - 23.16 23.17 - 27.38 27.39 +	<21.07 21.07 - 26.00 26.01 - 30.51 30.52 +	<22.14 22.14 - 27.22 27.23 - 32.30 32.31 +	<20.26 20.26 - 25.08 25.09 - 29.51 29.52 +	8 6 4 2
55-59	<16.51 16.51 - 20.44 20.45 - 24.37 24.38 +	<19.48 19.48 - 24.23 24.24 - 28.57 28.58 +	<22.09 22.09 - 27.15 27.16 - 32.22 32.23 +	<23.17 23.17 - 28.40 28.41 - 34.02 34.03 +	<21.26 21.26 - 26.22 26.23 - 31.19 31.20 +	8 6 4 2
60-64	<17.44 17.44 - 21.49 21.50 - 25.55 25.56 +	<20.49 20.49 - 25.37 25.38 - 30.25 30.26 +	<23.15 23.15 - 28.36 28.37 - 33.58 33.59 +	<24.27 24.27 - 30.06 30.07 - 35.44 35.45 +	<22.33 22.33 - 27.45 27.46 - 32.57 32.58 +	8 6 4 2
65-69	<18.49 18.49 - 23.08 23.09 - 27.29 27.30 +	<22.04 22.04 - 27.10 27.11 - 32.15 32.16 +	<24.41 24.41 - 30.22 30.23 - 36.04 36.05 +	<25.59 25.59 - 31.58 31.59 - 37.58 37.59 +	<23.51 23.51 - 29.22 29.23 - 34.52 34.53 +	8 6 4 2
70-74	<20.02 20.02 - 24.41 24.42 - 29.18 29.19 +	<23.30 23.30 - 28.56 28.57 - 34.20 34.21 +	<26.16 26.16 - 32.19 32.20 - 38.23 38.24 +	<27.39 27.39 - 34.02 34.03 - 40.24 40.25 +	<25.27 25.27 - 31.20 31.21 - 37.12 37.13 +	8 6 4 2
75-79	<21.23 21.23 - 26.19 26.20 - 31.14 31.15 +	<25.05 25.05 - 30.51 30.52 - 36.39 36.40 +	<28.03 28.03 - 34.31 34.32 - 41.00 41.01 +	<29.30 29.30 - 36.19 36.20 - 43.07 43.08 +	<27.09 27.09 - 33.25 33.26 - 39.41 39.42 +	8 6 4 2
80 +	<22.45 22.45 - 28.01 28.02 - 33.17 33.18 +	<26.41 26.41 - 32.49 32.50 - 38.59 39.00 +	<29.52 29.52 - 36.46 36.47 - 43.39 43.40 +	<31.26 31.26 - 38.41 38.42 - 45.57 45.58 +	<28.53 28.53 - 35.33 35.34 - 42.13 42.14 +	8 6 4 2

POINTS SCORE 800m SWIM - MEN

<Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	I.M.	PTS.
20-24	< 12.24 12.24 - 15.15 15.16 - 18.07 18.08 +	< 14.34 14.34 - 17.55 17.56 - 21.17 21.18 +	< 16.15 16.15 - 20.00 20.01 - 23.45 23.46 +	< 17.06 17.06 - 21.02 21.03 - 24.59 25.00 +	< 15.44 15.44 - 19.22 19.23 - 22.59 23.00 +	8 6 4 2
25-29	< 12.41 12.41 - 15.36 15.37 - 18.32 18.33 +	< 14.53 14.53 - 18.19 18.20 - 21.45 21.46 +	< 16.37 16.37 - 20.27 20.28 - 24.17 24.18 +	< 17.30 17.30 - 21.33 21.34 - 25.35 25.36 +	< 16.07 16.07 - 19.50 19.51 - 23.34 23.35 +	8 6 4 2
30-34	< 12.57 12.57 - 15.57 15.58 - 18.56 18.57 +	< 15.13 15.13 - 18.43 18.44 - 22.14 22.15 +	< 16.59 16.59 - 20.54 20.55 - 24.50 24.51 +	< 17.53 17.53 - 22.00 22.01 - 26.08 26.09 +	< 16.27 16.27 - 20.14 20.15 - 24.02 24.03 +	8 6 4 2
35-39	< 13.14 13.14 - 16.18 16.19 - 19.21 19.22 +	< 15.32 15.32 - 19.07 19.08 - 22.42 22.43 +	< 17.21 17.21 - 21.22 21.23 - 25.22 25.23 +	< 18.17 18.17 - 22.30 22.31 - 26.44 26.45 +	< 16.48 16.48 - 20.40 20.41 - 24.33 24.34 +	8 6 4 2
40-44	< 13.39 13.39 - 16.48 16.49 - 19.57 19.58 +	< 16.02 16.02 - 19.44 19.45 - 23.26 23.27 +	< 17.55 17.55 - 22.03 22.04 - 26.11 26.12 +	< 18.50 18.50 - 23.10 23.11 - 27.31 27.32 +	< 17.19 17.19 - 21.18 21.19 - 25.18 25.19 +	8 6 4 2
45-49	< 14.04 14.04 - 17.18 17.19 - 20.33 20.34 +	< 16.29 16.29 - 20.18 20.19 - 24.06 24.07 +	< 18.28 18.28 - 22.43 22.44 - 26.59 27.00 +	< 19.26 19.26 - 23.55 23.56 - 28.24 28.25 +	< 17.51 17.51 - 21.58 21.59 - 26.06 26.07 +	8 6 4 2
50-54	< 14.38 14.38 - 18.00 18.01 - 21.23 21.24 +	< 17.11 17.11 - 21.09 21.10 - 25.07 25.08 +	< 19.12 19.12 - 23.38 23.39 - 28.03 28.04 +	< 20.13 20.13 - 24.53 24.54 - 29.33 29.34 +	< 18.34 18.34 - 22.51 22.52 - 27.08 27.09 +	8 6 4 2
55-59	< 15.19 15.19 - 18.51 18.52 - 22.23 22.24 +	< 18.00 18.00 - 22.10 22.11 - 26.19 26.20 +	< 20.08 20.08 - 24.46 24.47 - 29.25 29.26 +	< 21.10 21.10 - 26.03 26.04 - 30.56 30.57 +	< 19.29 19.29 - 23.58 23.59 - 28.28 28.29 +	8 6 4 2
60-64	< 16.07 16.07 - 19.50 19.51 - 23.34 23.35 +	< 18.55 18.55 - 23.17 23.18 - 27.39 27.40 +	< 21.08 21.08 - 26.00 26.01 - 30.53 30.54 +	< 22.14 22.14 - 27.22 27.23 - 32.29 32.30 +	< 20.30 20.30 - 25.14 25.15 - 29.57 29.58 +	8 6 4 2
65-69	< 17.06 17.06 - 21.02 21.03 - 24.59 25.00 +	< 20.04 20.04 - 24.42 24.43 - 29.19 29.20 +	< 22.26 22.26 - 27.36 27.37 - 32.47 32.48 +	< 23.37 23.37 - 29.04 29.05 - 34.31 34.32 +	< 21.41 21.41 - 26.42 26.43 - 31.42 31.43 +	8 6 4 2
70-74	< 18.13 18.13 - 22.26 22.27 - 26.38 26.39 +	< 21.22 21.22 - 26.18 26.19 - 31.13 31.14 +	< 23.53 23.53 - 29.23 29.24 - 34.54 34.55 +	< 25.08 25.08 - 30.56 30.57 - 36.44 36.45 +	< 23.08 23.08 - 28.29 28.30 - 33.49 33.50 +	8 6 4 2
75-79	< 19.26 19.26 - 23.55 23.56 - 28.24 28.25 +	< 22.48 22.48 - 28.03 28.04 - 33.19 33.20 +	< 25.30 25.30 - 31.23 31.24 - 37.16 37.17 +	< 26.49 26.49 - 33.01 33.02 - 39.12 39.13 +	< 24.41 24.41 - 30.22 30.23 - 36.04 36.05 +	8 6 4 2
80 +	< 20.41 20.41 - 25.28 25.29 - 30.15 30.16 +	< 24.15 24.15 - 29.50 29.51 - 35.26 35.27 +	< 27.09 27.09 - 33.25 33.26 - 39.41 39.42 +	< 28.35 28.35 - 35.10 35.11 - 41.46 41.47 +	< 26.16 26.16 - 32.19 32.20 - 38.23 38.24 +	8 6 4 2

POINTS SCORE 1500m SWIM - WOMEN

< Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	POINTS
20-24	<26.19 26.19 - 32.23 32.24 - 38.28 38.29+	<31.22 31.22 - 38.37 38.38 - 45.50 45.51+	<35.01 35.01 - 43.05 43.06 - 51.10 51.11+	15 10 6 3
25-29	<26.55 26.55 - 33.07 33.08 - 39.20 39.21+	<32.04 32.04 - 39.27 39.28 - 46.52 46.53+	<35.48 35.48 - 44.03 44.04 - 52.19 52.20+	15 10 6 3
30-34	<27.30 27.30 - 33.51 33.52 - 40.12 40.13+	<32.45 32.45 - 40.18 40.19 - 47.52 47.53+	<36.37 36.37 - 45.04 45.05 - 53.30 53.31+	15 10 6 3
35-39	<28.06 28.06 - 34.35 34.36 - 41.04 41.05+	<33.26 33.26 - 41.10 41.11 - 48.53 48.54+	<37.24 37.24 - 46.01 46.02 - 54.39 54.40+	15 10 6 3
40-44	<28.59 28.59 - 35.41 35.42 - 42.21 42.22+	<34.30 34.30 - 42.29 42.30 - 50.26 50.27+	<38.34 38.34 - 47.29 47.30 - 56.24 56.25+	15 10 6 3
45-49	<29.52 29.52 - 36.46 36.47 - 43.39 43.40+	<35.31 35.31 - 43.42 43.43 - 51.54 51.55+	<39.45 39.45 - 48.56 48.57 - 58.06 58.07+	15 10 6 3
50-54	<31.03 31.03 - 38.14 38.15 - 45.24 45.25+	<37.00 37.00 - 45.31 45.32 - 54.04 54.05+	<41.22 41.22 - 50.54 50.55 - 60.32 60.33+	15 10 6 3
55-59	<32.33 32.33 - 40.02 40.03 - 47.33 47.34+	<38.47 38.47 - 47.43 47.44 - 56.40 56.41+	<43.19 43.19 - 53.20 53.21 - 63.19 63.20+	15 10 6 3
60-64	<34.14 34.14 - 42.08 42.09 - 50.01 50.02+	<40.45 40.45 - 50.10 50.11 - 59.34 59.35+	<45.30 45.30 - 55.59 56.00 - 66.30 66.31+	15 10 6 3
65-69	<36.18 36.18 - 44.41 44.42 - 53.03 53.04+	<43.14 43.14 - 53.12 53.13 - 63.12 63.13+	<48.16 48.16 - 59.24 59.25 - 70.33 70.34+	15 10 6 3
70-74	<38.23 38.23 - 47.37 47.38 - 56.32 56.33+	<46.00 46.00 - 56.37 56.38 - 67.14 67.15+	<51.26 51.26 - 63.18 63.19 - 75.10 75.11+	15 10 6 3
75-79	<40.38 40.38 - 50.47 50.48 - 60.18 60.19+	<49.03 49.03 - 60.22 60.23 - 71.41 71.42+	<54.53 54.53 - 67.34 67.35 - 80.14 80.15+	15 10 6 3
80 +	<42.55 42.55 - 54.04 54.05 - 64.12 64.13+	<52.13 52.13 - 64.17 64.18 - 76.19 76.20+	<58.28 58.28 - 71.58 71.59 - 85.27 85.28+	15 10 6 3

POINTS SCORE 1500m SWIM - MEN

< Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	POINTS
20-24	<23.55 23.55 - 29.26 29.27 - 34.58 34.59+	<28.31 28.31 - 35.06 35.07 - 41.40 41.41+	<31.50 31.50 - 39.10 39.11 - 46.31 46.32+	15 10 6 3
25-29	<24.28 24.28 - 30.06 30.07 - 35.45 35.46+	<29.09 29.09 - 35.52 35.53 - 42.36 42.37+	<32.33 32.33 - 40.03 40.04 - 47.34 47.35+	15 10 6 3
30-34	<25.00 25.00 - 30.46 30.47 - 36.33 36.34+	<29.46 29.46 - 36.38 36.39 - 43.31 43.32+	<33.17 33.17 - 40.58 40.59 - 48.38 48.39+	15 10 6 3
35-39	<25.33 25.33 - 31.26 31.27 - 37.20 37.21+	<30.24 30.24 - 37.25 37.26 - 44.26 44.27+	<34.00 34.00 - 41.50 41.51 - 49.41 49.42+	15 10 6 3
40-44	<26.21 26.21 - 32.26 32.27 - 38.30 38.31+	<31.22 31.22 - 38.37 38.38 - 45.51 45.52+	<35.05 35.05 - 43.10 43.11 - 51.16 51.17+	15 10 6 3
45-49	<27.09 27.09 - 33.25 33.26 - 39.41 39.42+	<32.17 32.17 - 39.44 39.45 - 47.11 47.12+	<36.08 36.08 - 44.29 44.30 - 52.49 52.50+	15 10 6 3
50-54	<28.14 28.14 - 34.45 34.46 - 41.16 41.17+	<33.38 33.38 - 41.23 41.24 - 49.09 49.10+	<37.36 37.36 - 46.16 46.17 - 55.02 55.03+	15 10 6 3
55-59	<29.35 29.35 - 36.24 36.25 - 43.14 43.15+	<35.15 35.15 - 43.23 43.24 - 51.31 51.32+	<39.23 39.23 - 48.29 48.30 - 57.34 57.35+	15 10 6 3
60-64	<31.07 31.07 - 38.18 38.19 - 45.28 45.29+	<37.03 37.03 - 45.36 45.37 - 54.09 54.10+	<41.22 41.22 - 50.54 50.55 - 60.27 60.28+	15 10 6 3
65-69	<33.00 33.00 - 40.37 40.38 - 48.14 48.15+	<39.18 39.18 - 48.22 48.23 - 57.27 57.28+	<43.53 48.53 - 54.00 54.01 - 64.08 64.09+	15 10 6 3
70-74	<34.54 34.54 - 43.17 43.18 - 51.24 51.25+	<41.49 41.49 - 51.28 51.29 - 61.07 61.08+	<46.45 46.45 - 57.33 57.34 - 68.20 68.21+	15 10 6 3
75-79	<36.56 36.56 - 46.10 46.11 - 54.49 54.50+	<44.35 44.35 - 54.53 54.54 - 65.10 65.11+	<49.54 49.54 - 61.25 61.26 - 72.56 72.57+	15 10 6 3
80 +	<39.01 39.01 - 49.09 49.10 - 58.22 58.23+	<47.28 47.28 - 58.26 58.27 - 69.23 69.24+	<53.09 53.09 - 65.25 65.26 - 77.41 77.42+	15 10 6 3

POINTS SCORE 3000m SWIM - WOMEN

<Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	POINTS
20-24	<55.33 55.33 - 68.23 68.24 - 80.28 80.29+	<64.57 64.57 - 79.56 79.57 - 94.56 94.57+	<72.13 72.13 - 88.53 88.54 - 105.33 105.34+	30 20 12 6
25-29	<56.39 56.39 - 69.43 69.44 - 82.48 82.49+	<66.20 66.20 - 81.38 81.39 - 96.57 96.58+	<73.49 73.49 - 90.51 90.52 - 107.52 107.53+	30 20 12 6
30-34	<58.02 58.02 - 71.26 71.27 - 84.50 84.51+	<67.42 67.42 - 83.21 83.22 - 98.58 98.59+	<75.24 75.24 - 92.48 92.49 - 110.13 110.14+	30 20 12 6
35-39	<59.24 59.24 - 73.06 73.07 - 86.49 86.50+	<69.05 69.05 - 85.01 85.02 - 100.57 100.58+	<77.00 77.00 - 94.47 94.48 - 112.33 112.34+	30 20 12 6
40-44	<61.03 61.03 - 75.09 75.10 - 89.15 89.16+	<71.14 71.14 - 87.39 87.40 - 104.05 104.06+	<79.22 79.22 - 97.41 97.42 - 116.00 116.01+	30 20 12 6
45-49	<62.42 62.42 - 77.11 77.12 - 91.39 91.40+	<73.12 73.12 - 90.07 90.08 - 107.01 107.02+	<81.21 81.21 - 100.31 100.32 - 119.22 119.23+	30 20 12 6
50-54	<65.11 65.11 - 80.14 80.15 - 95.17 95.18+	<76.11 76.11 - 93.45 93.46 - 111.19 111.20+	<84.55 84.55 - 104.31 104.32 - 124.07 124.08+	30 20 12 6
55-59	<68.12 68.12 - 83.57 83.58 - 99.42 99.43+	<79.45 79.45 - 98.09 98.10 - 116.33 116.34+	<88.50 88.50 - 109.19 109.20 - 129.49 129.50+	30 20 12 6
60-64	<71.30 71.30 - 88.00 88.01 - 104.30 104.31+	<83.43 83.43 - 103.01 103.02 - 122.20 122.21+	<93.14 93.14 - 114.45 114.46 - 136.16 136.17+	30 20 12 6
65-69	<75.38 75.38 - 93.05 93.06 - 110.32 110.33+	<88.40 88.40 - 109.07 109.08 - 129.35 129.36+	<98.44 98.44 - 121.30 121.31 - 144.17 144.18+	30 20 12 6
70-74	<79.45 79.45 - 98.09 98.10 - 116.33 116.34+	<94.13 94.13 - 115.58 115.59 - 137.42 137.43+	<105.03 105.03 - 129.18 129.19 - 153.33 153.34+	30 20 12 6
75-79	<84.26 84.26 - 103.54 103.55 - 123.23 123.24+	<100.16 100.16 - 123.24 123.25 - 146.32 146.33+	<111.59 111.59 - 137.49 137.50 - 163.39 163.40+	30 20 12 6
80 +	<89.06 89.06 - 109.39 109.40 - 130.12 130.13+	<106.39 106.39 - 131.16 131.17 - 155.53 155.54+	<119.08 119.08 - 146.37 146.38 - 174.06 174.07+	30 20 12 6

POINTS SCORE 3000m SWIM - MEN

<Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	POINTS
20-24	<50.30 50.30 - 62.10 62.11 - 73.09 73.10+	<59.03 59.03 - 72.40 72.41 - 86.18 86.19+	<65.39 65.39 - 80.48 80.49 - 95.57 95.58+	30 20 12 6
25-29	<51.30 51.30 - 63.23 63.24 - 75.16 75.17+	<60.18 60.18 - 74.13 74.14 - 88.08 88.09+	<67.06 67.06 - 82.35 82.36 - 98.04 98.05+	30 20 12 6
30-34	<52.45 52.45 - 64.56 64.57 - 77.07 77.08+	<61.33 61.33 - 75.46 75.47 - 89.58 89.59+	<68.33 68.33 - 84.22 84.23 - 100.12 100.13+	30 20 12 6
35-39	<54.00 54.00 - 66.27 66.28 - 78.55 78.56+	<62.48 62.48 - 77.17 77.18 - 91.46 91.47+	<70.00 70.00 - 86.10 86.11 - 102.19 102.20+	30 20 12 6
40-44	<55.30 55.30 - 68.19 68.20 - 81.08 81.09+	<64.45 64.45 - 79.41 79.42 - 94.37 94.38+	<72.09 72.09 - 88.48 88.49 - 105.27 105.28+	30 20 12 6
45-49	<57.00 57.00 - 70.10 70.11 - 83.19 83.20+	<66.33 66.33 - 81.55 81.56 - 97.17 97.18+	<74.15 74.15 - 91.23 91.24 - 108.31 108.32+	30 20 12 6
50-54	<59.15 59.15 - 72.56 72.57 - 86.37 86.38+	<69.15 69.15 - 85.14 85.15 - 101.12 101.13+	<77.12 77.12 - 95.01 95.02 - 112.50 112.51+	30 20 12 6
55-59	<62.00 62.00 - 76.19 76.20 - 90.38 90.39+	<72.30 72.30 - 89.14 89.15 - 105.57 105.58+	<84.45 80.45 - 99.23 99.24 - 118.01 118.02+	30 20 12 6
60-64	<65.00 65.00 - 80.00 80.01 - 95.00 95.01+	<76.06 76.06 - 93.39 93.40 - 111.13 111.14+	<84.45 84.45 - 104.19 104.20 - 123.53 123.54+	30 20 12 6
65-69	<68.45 68.45 - 84.37 84.38 - 100.29 100.30+	<80.36 80.36 - 99.12 99.13 - 117.48 117.49	<89.45 89.45 - 110.27 110.28 - 131.10 131.11+	30 20 12 6
70-74	<72.30 72.30 - 89.14 89.15 - 105.57 105.58+	<85.39 85.39 - 105.25 105.26 - 125.11 125.12+	<95.30 95.30 - 117.33 117.34 - 139.35 139.36+	30 20 12 6
75-79	<76.45 76.45 - 94.27 94.28 - 112.10 112.11+	<91.09 91.09 - 112.11 112.12 - 133.13 133.14+	<101.48 101.48 - 125.17 125.18 - 148.46 148.47+	30 20 12 6
80 +	<81.00 81.00 - 99.41 99.42 - 118.22 118.23+	<96.57 96.57 - 119.20 119.21 - 141.43 141.44+	<108.18 108.18 - 133.17 133.18 - 158.16 158.17+	30 20 12 6

POINTS SCORE 5000m - WOMEN

< Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	POINTS
20-24	< 94.25 94.25 - 116.13 116.14 - 138.01 138.02+	< 111.01 111.01 - 136.38 136.39 - 162.15 162.16+	< 121.17 121.17 - 149.15 149.16 - 177.14 177.15+	50 33 20 10
25-29	< 96.15 96.15 - 118.27 118.28 - 140.39 140.40+	< 113.18 113.18 - 139.27 139.28 - 165.36 165.37+	< 124.06 124.06 - 152.32 152.33 - 181.08 181.09+	50 33 20 10
30-34	< 98.33 98.33 - 121.18 121.19 - 144.03 144.04+	< 115.36 115.36 - 142.16 142.17 - 168.57 168.58+	< 126.36 126.36 - 155.49 155.50 - 185.02 185.03+	50 33 20 10
35-39	< 101.45 101.45 - 125.13 125.14 - 148.42 148.43+	< 117.53 117.53 - 145.04 145.05 - 172.17 172.18+	< 129.15 129.15 - 159.05 159.06 - 188.54 188.55+	50 33 20 10
40-44	< 105.25 105.25 - 129.45 129.46 - 154.04 154.05+	< 121.28 121.28 - 149.29 149.30 - 177.30 177.31+	< 133.12 133.12 - 163.55 163.56 - 194.39 194.40+	50 33 20 10
45-49	< 109.05 109.05 - 134.15 134.16 - 159.26 159.27+	< 124.46 124.46 - 153.34 153.35 - 182.22 182.23+	< 137.03 137.03 - 168.40 168.41 - 200.18 200.19+	50 33 20 10
50-54	< 113.40 113.40 - 139.53 139.54 - 166.07 166.08+	< 129.43 129.43 - 159.38 159.39 - 189.34 189.35+	< 141.32 141.32 - 174.11 174.12 - 206.50 206.51+	50 33 20 10
55-59	< 119.10 119.10 - 146.40 146.41 - 174.10 174.11+	< 135.40 135.40 - 166.58 166.59 - 198.17 198.18+	< 148.03 148.03 - 182.13 182.14 - 216.23 216.24+	50 33 20 10
60-64	< 125.08 125.08 - 154.00 154.01 - 182.53 182.54+	< 142.16 142.16 - 175.05 175.06 - 207.55 207.56+	< 155.23 155.23 - 191.13 191.14 - 227.05 227.06+	50 33 20 10
65-69	< 132.28 132.28 - 163.02 163.03 - 193.36 193.37+	< 150.31 150.31 - 185.14 185.15 - 219.59 220.00+	< 164.33 164.33 - 202.31 202.32 - 240.30 240.31+	50 33 20 10
70-74	< 139.20 139.20 - 171.29 171.30 - 203.38 203.39+	< 159.47 159.47 - 196.39 196.40 - 233.22 233.23+	< 175.05 175.05 - 215.29 215.30 - 255.53 255.54+	50 33 20 10
75-79	< 145.45 145.45 - 179.22 179.23 - 213.01 213.02+	< 169.52 169.52 - 209.03 209.04 - 248.15 248.16+	< 186.38 186.38 - 229.43 229.44 - 272.47 272.48+	50 33 20 10
80 +	< 153.05 153.05 - 188.25 188.26 - 223.44 223.45+	< 180.30 180.30 - 221.54 221.55 - 263.31 263.32+	< 198.33 198.33 - 244.23 244.24 - 290.12 290.13+	50 33 20 10

POINTS SCORE 5000m SWIM - MEN

< Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	POINTS
20-24	< 85.50 85.50 - 105.39 105.40 - 125.28 125.29+	< 100.55 100.55 - 124.13 124.14 - 147.30 147.31+	< 110.15 110.15 - 135.41 135.42 - 161.07 161.08+	50 33 20 10
25-29	< 87.30 87.30 - 107.41 107.42 - 127.52 127.53+	< 103.00 103.00 - 126.46 126.47 - 150.33 150.34+	< 112.40 112.40 - 138.40 138.41 - 164.40 164.41+	50 33 20 10
30-34	< 89.35 89.35 - 110.16 110.17 - 130.57 130.58+	< 105.05 105.05 - 129.20 129.21 - 153.35 153.36+	< 115.05 115.05 - 141.39 141.40 - 168.13 168.14+	50 33 20 10
35-39	< 92.30 92.30 - 113.50 113.51 - 135.11 135.12+	< 107.10 107.10 - 131.53 131.54 - 156.37 156.38+	< 117.30 117.30 - 144.37 144.38 - 171.44 171.45+	50 33 20 10
40-44	< 95.50 95.50 - 117.57 117.58 - 140.04 140.05+	< 110.25 110.25 - 135.54 135.55 - 161.22 161.23+	< 121.05 121.05 - 149.01 149.02 - 176.57 176.58+	50 33 20 10
45-49	< 99.10 99.10 - 122.03 122.04 - 144.56 144.57+	< 113.05 113.05 - 139.36 139.37 - 165.47 165.48+	< 124.35 124.35 - 153.20 153.21 - 182.05 182.06+	50 33 20 10
50-54	< 103.20 103.20 - 127.10 127.11 - 151.01 151.02+	< 117.55 117.55 - 145.07 145.08 - 172.20 172.21+	< 128.40 128.40 - 158.21 158.22 - 188.02 188.03+	50 33 20 10
55-59	< 108.20 108.20 - 133.20 133.21 - 158.20 158.21+	< 123.20 123.20 - 151.47 151.48 - 180.15 180.16+	< 134.35 134.35 - 165.39 165.40 - 196.43 196.44+	50 33 20 10
60-64	< 113.45 113.45 - 140.00 140.01 - 166.15 166.16+	< 129.29 129.20 - 159.10 159.11 - 189.01 189.02+	< 141.15 141.15 - 173.50 173.51 - 206.26 206.27+	50 33 20 10
65-69	< 120.25 120.25 - 148.13 148.14 - 176.00 176.01+	< 136.50 136.50 - 168.24 168.25 - 199.59 200.00+	< 149.35 149.35 - 184.06 184.07 - 218.38 218.39+	50 33 20 10
70-74	< 126.40 126.40 - 155.54 155.55 - 185.07 185.08+	< 145.15 145.15 - 178.46 178.47 - 212.18 212.19+	< 159.10 159.10 - 195.54 195.55 - 232.37 232.38+	50 33 20 10
75-79	< 132.30 132.30 - 163.04 163.05 - 193.39 193.40+	< 154.25 154.25 - 190.03 190.04 - 225.41 225.42+	< 169.40 169.40 - 218.50 218.51 - 249.59 248.00+	50 33 20 10
80 +	< 139.10 139.10 - 171.17 171.18 - 203.24 203.25+	< 164.05 164.05 - 201.44 201.45 - 239.34 239.35+	< 180.30 180.30 - 222.10 222.11 - 263.49 263.50+	50 33 20 10

POINTS SCORE - ONE HOUR SWIM - WOMEN.

Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	POINTS
20-24	<2150 2150 - 2600 2650 - 3150 3200+	<1850 1850 - 2250 2300 - 2700 2750+	<1650 1650 - 2000 2050 - 2450 2500+	6 12 20 30
25-29	<2100 2100 - 2550 2600 - 3100 3150+	<1800 1800 - 2200 2250 - 2650 2700+	<1600 1600 - 1950 2000 - 2400 2450+	6 12 20 30
30-34	<2050 2050 - 2500 2550 - 3000 3050+	<1750 1750 - 2100 2150 - 2550 2600+	<1550 1550 - 1900 1950 - 2350 2400+	6 12 20 30
35-39	<2000 2000 - 2450 2500 - 2900 3000+	<1700 1700 - 2050 2100 - 2500 2550+	<1500 1500 - 1850 1900 - 2300 2350+	6 12 20 30
40-44	<1950 1950 - 2400 2450 - 2850 2900+	<1650 1650 - 2000 2050 - 2450 2500+	<1450 1450 - 1800 1850 - 2200 2250+	6 12 20 30
45-49	<1900 1900 - 2300 2350 - 2800 2850+	<1600 1600 - 1950 2000 - 2400 2450+	<1400 1400 - 1750 1800 - 2100 2150+	6 12 20 30
50-54	<1850 1850 - 2200 2250 - 2700 2750 +	<1550 1550 - 1900 1950 - 2300 2350+	<1350 1350 - 1700 1750 - 2050 2100+	6 12 20 30
55-59	<1750 1750 - 2100 2150 - 2550 2600+	<1500 1500 - 1800 1850 - 2200 2250+	<1300 1300 - 1600 1650 - 1950 2000+	6 12 20 30
60-64	<1650 1650 - 2000 2050 - 2450 2500+	<1400 1400 - 1700 1750 - 2050 2100+	<1250 1250 - 1500 1550 - 1850 1900+	6 12 20 30
65-69	<1550 1550 - 1900 1950 - 2300 2350+	<1350 1350 - 1600 1650 - 1950 2000+	<1200 1200 - 1450 1500 - 1750 1800+	6 12 20 30
70-74	<1500 1500 - 1850 1900 - 2200 2250+	<1250 1250 - 1500 1550 - 1850 1900+	<1100 1100 - 1350 1400 - 1650 1700+	6 12 20 30
75-79	<1400 1400 - 1700 1750 - 2050 2100+	<1200 1200 - 1450 1500 - 1750 1800+	<1050 1050 - 1250 1300 - 1550 1600+	6 12 20 30
80 +	<1300 1300 - 1550 1600 - 1900 1950 +	<1100 1100 - 1350 1400 - 1600 1650+	<950 950 - 1150 1200 - 1450 1500+	6 12 20 30

POINTS SCORE - ONE HOUR SWIM - MEN

< Denotes Less than

AGE GROUP	FREESTYLE	BACKSTROKE	BREASTSTROKE	POINTS
20-24	< 2400 2400 - 2900 2950 - 3500 3550+	< 2050 2050 - 2500 2550 - 3000 3050+	< 1850 1850 - 2250 2300 - 2700 2750+	6 12 20 30
25-29	< 2350 2350 - 2850 2900 - 3450 3500+	< 2000 2000 - 2450 2500 - 2950 3000+	< 1800 1800 - 2200 2250 - 2650 2700+	6 12 20 30
30-34	< 2300 2300 - 2800 2850 - 3350 3400+	< 1950 1950 - 2350 2400 - 2850 2900+	< 1750 1750 - 2150 2200 - 2600 2650+	6 12 20 30
35-39	< 2250 2250 - 2750 2800 - 3300 3350+	< 1900 1900 - 2300 2350 - 2800 2850+	< 1700 1700 - 2100 2150 - 2550 2600+	6 12 20 30
40-44	< 2200 2200 - 2650 2700 - 3200 3250+	< 1850 1850 - 2250 2300 - 2750 2800+	< 1650 1650 - 2000 2050 - 2450 2500+	6 12 20 30
45-49	< 2100 2100 - 2550 2600 - 3100 3150+	< 1800 1800 - 2200 2250 - 2650 2700+	< 1600 1600 - 1950 2000 - 2350 2400+	6 12 20 30
50-54	< 2050 2050 - 2500 2550 - 3000 3050+	< 1750 1750 - 2100 2150 - 2550 2600+	< 1550 1550 - 1900 1950 - 2300 2350+	6 12 20 30
55-59	< 1950 1950 - 2350 2400 - 2850 2900+	< 1650 1650 - 2000 2050 - 2450 2500+	< 1500 1500 - 1800 1850 - 2200 2250+	6 12 20 30
60-64	< 1850 1850 - 2250 2300 - 2700 2750+	< 1550 1550 - 1900 1950 - 2300 2350+	< 1400 1400 - 1700 1750 - 2050 2100+	6 12 20 30
65-69	< 1750 1750 - 2100 2150 - 2550 2600+	< 1500 1500 - 1800 1850 - 2200 2250+	< 1350 1350 - 1600 1650 - 1950 2000+	6 12 20 30
70-74	< 1650 1650 - 2050 2100 - 2450 2500+	< 1400 1400 - 1700 1750 - 2050 2100+	< 1250 1250 - 1500 1550 - 1850 1900+	6 12 20 30
75-79	< 1550 1550 - 1900 1950 - 2300 2350+	< 1350 1350 - 1600 1650 - 1950 2000+	< 1150 1150 - 1400 1450 - 1700 1750+	6 12 20 30
80 +	< 1450 1450 - 1750 1800 - 2150 2200+	< 1250 1250 - 1500 1550 - 1800 1850+	< 1100 1100 - 1300 1350 - 1600 1650+	6 12 20 30

400 metres

				Award Year
SURNAME	FIRST NAME		DATE OF BIRTH	MALE or FEMALE
CLUB	REGISTRATION NUMBER			AEROBIC AWARD POINTS
				NATIONAL AWARD BADGE
RECORD THE CUMULATIVE TIME FOR EACH 100 metres				
SWIM NUMBER	1	2	3	4
POOL LENGTH				
100 metres				
200 metres				
300 metres				
400 metres				
DATE of SWIM				
NAME OF TIMEKEEPER				
NATIONAL AEROBIC TROPHY	SWIM STYLE	AVERAGE TIME FOR 5 SWIMS		SIGNATURE - CLUB RECORDER
	AGE GROUP	POINTS		CHECKED - BRANCH RECORDER
NATIONAL AWARD BADGE	BADGE FEE RECEIVED		DATE BADGE ISSUED	

800 metres

				Award Year	
SURNAME		FIRST NAME		DATE OF BIRTH	MALE or FEMALE
CLUB		REGISTRATION NUMBER		AEROBIC AWARD POINTS	
				NATIONAL AWARD BADGE	
RECORD THE CUMULATIVE TIME FOR EACH 100 metres					
SWIM NUMBER	1	2	3	4	5
POOL LENGTH					
100 metres					
200 metres					
300 metres					
400 metres					
500 metres					
600 metres					
700 metres					
800 metres					
DATE OF SWIM					
NAME OF TIMEKEEPER					
NATIONAL AEROBIC TROPHY	SWIM STYLE	AVERAGE TIME FOR 5 SWIMS		SIGNATURE - CLUB RECORDER	
	AGE GROUP	POINTS		CHECKED - BRANCH RECORDER	
NATIONAL AWARD BADGE	BADGE FEE RECEIVED			DATE BADGE ISSUED	

1500 metres

Award Year

SURNAME	FIRST NAME	DATE OF BIRTH	MALE or FEMALE
CLUB	REGISTRATION NUMBER		AEROBIC AWARD POINTS
			NATIONAL AWARD BADGE

RECORD THE CUMULATIVE TIME FOR EACH 100 metres

DATE OF SWIM	POOL LENGTH
100 metres	900 metres
200 metres	1000 metres
300 metres	1100 metres
400 metres	1200 metres
500 metres	1300 metres
600 metres	1400 metres
700 metres	1500 metres
800 metres	NAME OF TIMEKEEPER

NATIONAL AEROBIC TROPHY	SWIM STYLE		SIGNATURE - CLUB RECORDER
	AGE GROUP	POINTS	CHECKED - BRANCH RECORDER

NATIONAL AWARD BADGE	BADGE FEE RECEIVED	DATE BADGE ISSUED
I verify that this swimmer's fastest time for 50m is:	(to 1/100th sec)	SIGNATURE

3000 metres

Award Year

SURNAME	FIRST NAME	DATE OF BIRTH	MALE or FEMALE
CLUB	REGISTRATION NUMBER	AEROBIC AWARD POINTS	
			NATIONAL AWARD BADGE

RECORD THE CUMULATIVE TIME FOR EACH 100 metres

DATE OF SWIM	POOL LENGTH		
100m	1100m	2100m	
200m	1200m	2200m	
300m	1300m	2300m	
400m	1400m	2400m	
500m	1500m	2500m	
600m	1600m	2600m	
700m	1700m	2700m	
800m	1800m	2800m	
900m	1900m	2900m	
1000m	2000m	3000m	

TIMEKEEPER'S NAME

NATIONAL AEROBIC TROPHY	SWIM STYLE		SIGNATURE - CLUB RECORDER
	AGE GROUP	POINTS	CHECKED - BRANCH RECORDER
NATIONAL AWARD BADGE	BADGE FEE RECEIVED		DATE BADGE ISSUED

5000 metres

Award Year

SURNAME	FIRST NAME	DATE OF BIRTH	MALE or FEMALE
CLUB	REGISTRATION NUMBER		AEROBIC AWARD POINTS
			NATIONAL AWARD BADGE

RECORD THE CUMULATIVE TIME FOR EACH 100 metres

DATE OF SWIM		POOL LENGTH		
100m		1800m		3500m
200m		1900m		3600m
300m		2000m		3700m
400m		2100m		3800m
500m		2200m		3900m
600m		2300m		4000m
700m		2400m		4100m
800m		2500m		4200m
900m		2600m		4300m
1000m		2700m		4400m
1100m		2800m		4500m
1200m		2900m		4600m
1300m		3000m		4700m
1400m		3100m		4800m
1500m		3200m		4900m
1600m		3300m		5000m
1700m		3400m		TIMEKEEPER'S NAME

NATIONAL AEROBIC TROPHY	SWIM STYLE		SIGNATURE - CLUB RECORDER
	AGE GROUP	POINTS	CHECKED - BRANCH RECORDER

NATIONAL AWARD BADGE	BADGE FEE RECEIVED	DATE BADGE ISSUED
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1 HOUR SWIM

Award Year

SURNAME	FIRST NAME	DATE OF BIRTH	MALE or FEMALE
CLUB	REGISTRATION NUMBER		AEROBIC AWARD POINTS
			NATIONAL AWARD BADGE

RECORD THE CUMULATIVE TIME FOR EACH 100 metres

DATE OF SWIM		POOL LENGTH	
100m		1800m	3500m
200m		1900m	3600m
300m		2000m	3700m
400m		2100m	3800m
500m		2200m	3900m
600m		2300m	4000m
700m		2400m	4100m
800m		2500m	4200m
900m		2600m	4300m
1000m		2700m	4400m
1100m		2800m	4500m
1200m		2900m	4600m
1300m		3000m	4700m
1400m		3100m	4800m
1500m		3200m	4900m
1600m		3300m	5000m
1700m		3400m	TIMEKEEPER'S NAME

NATIONAL AEROBIC TROPHY	SWIM STYLE	TOTAL DISTANCE SWUM	SIGNATURE - CLUB RECORDER
	AGE GROUP	POINTS	CHECKED - BRANCH RECORDER

NATIONAL AWARD BADGE	BADGE FEE RECEIVED	DATE BADGE ISSUED
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			Award Year
SURNAME	FIRST NAME	DATE OF BIRTH	MALE or FEMALE
CLUB	REGISTRATION NUMBER		AEROBIC AWARD POINTS
			NATIONAL AWARD BADGE

RECORD THE CUMULATIVE TIME FOR EACH 100 metres

NATIONAL AWARD BADGE	BADGE FEE RECEIVED	DATE BADGE ISSUED
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AEROBIC SWIMS RECORD SHEET

NAME :