



NATIONAL AEROBIC TROPHY



Rules and Point Scores

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 Awards are available for all Aerobic Trophy swims, (except for half hour and three quarter hour swims), after payment of the appropriate fee, provided the rules of the Trophy are adhered to. The exception to this is the 1500m swim. (Refer to AUSSI Handbook). Awards are available from your Branch, or if the Branch does not keep them, from the National Office.

N.B. Although the 3000m and 5000m swims for Freestyle; Backstroke and Breaststroke have been withdrawn from the National Aerobic Trophy competition, these swims are still available as Awards for which badges can be supplied along with the One Million Metre and newly introduced Three Million Metre Awards.

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 Director of Programmes.

First printed 1982
Reprinted 1983
Reprinted 1985
New Edition 1989
New Edition 1992

**AUSSI MASTERS SWIMMING
IN AUSTRALIA (INC.)**

NATIONAL OFFICE
P.O. Box 207
COWANDILLA S.A. 5033
Telephone (08) 344 1217
Facsimile (08) 269 7150

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 one hour swim.
- (ii) CLUB LEVEL. While members are improving their aerobic fitness by swimming longer distances, they can score points for their club.

N.B. The 3000m and 5000m have been withdrawn from the pointscore tables and replaced with the half hour and three quarter hour swims. However, these distances are still eligible for awards. The half hour and three quarter hour swims are not to be included in the Awards and no badge issued.

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:

The 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.

THE "TASSIE AWARD" :

This is an award presented to the club that scores the highest average points per registered member each year. The award was named after the Tasmanian Branch which promoted its inclusion to encourage participation and as an incentive to smaller clubs.

Commencing 1992 the Branch has donated a trophy, in the form of a stopwatch, for the winning Club.

* * * * *

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 their 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 and in Swim order according to the Pointscore Booklet. Also ensure that the Club code and age of each swimmer is included.
7. Please send all individual forms and summary sheets to your Branch Recorder by 14th November.
8. Branch Recorders to forward summary sheets, after checking to the National Aerobic Recorder by 14th December.

* * * * *

NATIONAL AEROBIC TROPHY RULES

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

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, 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 of October 1 to September 30, please see the Conditions for each award. If a swimmer improves their 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.
12. Tassie Award: Presentation of a stopwatch to the winning Club for the Tassie Award will commence as from March 1992 and be made at the National Swim Presentation Dinner each year. It will be supplied and presented by the Tasmanian Branch.
13. Winning Club to be kept secret and announced at the National Swim Presentation Dinner each year.

- * * * * *

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. i.e. 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, National and International meets or sanctioned Carnivals when such swims will be eligible without splits provided a copy of the official results accompany the form.

1500m

1. The swim must be NON-STOP and points are allocated according to sex, age, stroke and time swum.

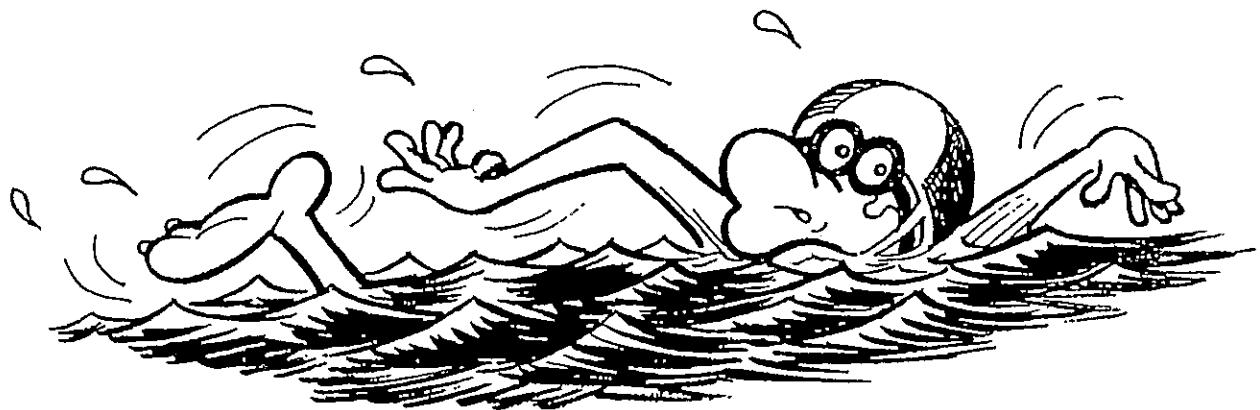
To qualify for the National Award Badge for 1500m the time swum also has to equal, or be less than, 50 times the swimmers best 50m time for that stroke in that year. Hence, forms should be submitted to Branch Recorders as close to September 30 as possible so that the final 50m time for the season is 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, National or International Meets or sanctioned Carnivals when such swims will be eligible without splits provided a copy of the official results accompanies the form.

HALF HOUR, THREE QUARTER HOUR AND ONE HOUR SWIMS:

1. The time set is: 1/2 Hour; 3/4 Hour or One Hour.
2. The distance credited is to the nearest completed 25m (i.e. rounded down to the nearest 25m).
3. The object is to cover as much distance as possible by swimming NON-STOP for the specified time.
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 three strokes: Freestyle, Backstroke and Breaststroke.
6. 100m split times are to be entered on the forms.
7. Only the One hour swim is eligible for an Award Badge.

* * * * *





NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 20 - 24 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | | PTS. |
|----------|---------------|---------------|---------------|---------------|------------------------|---------------|------|
| | | | | | WOMEN | 20 - 24 YEARS | |
| 400 m | < 6.21 | < 7.33 | < 8.26 | < 8.52 | 7.49 < | 7.48 | 10 |
| | 6.22 - 7.05 | 7.34 - 8.25 | 8.27 - 9.25 | 8.53 - 9.53 | 7.49 - 8.42 | 8 | |
| | 7.06 - 7.49 | 8.26 - 9.18 | 9.26 - 10.23 | 9.54 - 10.55 | 8.43 - 9.36 | 6 | |
| | 7.50 - 8.32 | 9.19 - 10.10 | 10.24 - 11.22 | 10.56 - 11.56 | 9.37 - 10.29 | 4 | |
| | 8.33 - 9.16 | 10.11 - 11.02 | 11.23 - 12.20 | 11.57 - 12.57 | 10.30 - 11.23 | 2 | |
| | 9.17 + | 11.03 + | 12.21 + | 12.58 + | 11.24 + | 1 | |
| 800 m | < 13.38 | < 16.01 | < 17.53 | < 18.48 | 17.19 < | 17.18 | 20 |
| | 13.39 - 15.13 | 16.02 - 17.52 | 17.54 - 19.57 | 18.49 - 20.58 | 17.19 - 19.18 | 16 | |
| | 15.14 - 16.47 | 17.53 - 19.43 | 19.58 - 22.01 | 20.59 - 23.09 | 19.19 - 21.18 | 12 | |
| | 16.48 - 18.22 | 19.44 - 21.34 | 22.02 - 24.04 | 23.10 - 25.19 | 21.19 - 23.17 | 9 | |
| | 18.23 - 19.56 | 21.35 - 23.25 | 24.05 - 26.08 | 25.20 - 27.29 | 23.18 - 25.17 | 6 | |
| | 19.57 + | 23.26 + | 26.09 + | 27.30 + | 25.18 + | 3 | |
| 1500 m | < 26.19 | < 31.22 | < 35.01 | | | | |
| | 26.20 - 29.21 | 31.23 - 34.59 | 35.02 - 39.03 | | | | |
| | 29.22 - 32.24 | 34.60 - 38.36 | 39.04 - 43.06 | | | | |
| | 32.25 - 35.26 | 38.37 - 42.13 | 43.07 - 47.08 | | | | |
| | 35.27 - 38.28 | 42.14 - 45.50 | 47.09 - 51.10 | | | | |
| | 38.29 + | 45.51 + | 51.11 + | | | | |
| 1/2 Hour | < 1200 | < 1000 | < 900 | | | | |
| | 1225 - 1300 | 1025 - 1100 | 925 - 975 | | | | |
| | 1325 - 1425 | 1125 - 1200 | 1000 - 1075 | | | | |
| | 1450 - 1550 | 1225 - 1300 | 1100 - 1175 | < | Denotes "equal to" | 9 | |
| | 1575 - 1675 | 1325 - 1425 | 1200 - 1275 | | or "less than" | 12 | |
| | 1700 + | 1450 + | 1300 + | | | 15 | |
| 3/4 Hour | < 1675 | < 1425 | < 1275 | + | Denotes "greater than" | 3 | |
| | 1700 - 1850 | 1450 - 1575 | 1300 - 1425 | | or | 6 | |
| | 1875 - 2050 | 1600 - 1750 | 1450 - 1575 | | | 9 | |
| | 2075 - 2225 | 1775 - 1900 | 1600 - 1725 | | | 12 | |
| | 2250 - 2425 | 1925 - 2075 | 1750 - 1875 | | | 15 | |
| | 2450 + | 2100 + | 1900 + | | | 20 | |
| 1 Hour | < 2150 | < 1850 | < 1650 | | | | |
| | 2175 - 2400 | 1875 - 2050 | 1675 - 1850 | | | | |
| | 2425 - 2650 | 2075 - 2275 | 1875 - 2050 | | | | |
| | 2675 - 2900 | 2300 - 2500 | 2075 - 2250 | | | | |
| | 2925 - 3175 | 2525 - 2725 | 2275 - 2475 | | | | |
| | 3200 + | 2750 + | 2500 + | | | | |

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 25 - 29 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|--|--|--|---|--|-------------------------------|
| 400 m | < 6.28 6.29 - 7.14 - 8.00 - 8.45 - 9.30 + | < 7.43 7.44 - 7.59 - 8.44 - 9.29 - 11.19 + | < 8.38 8.39 - 9.31 - 10.24 - 11.18 - 12.38 + | < 9.05 9.06 - 10.09 - 11.39 - 11.37 - 12.37 + | < 7.59 8.00 - 8.55 - 9.51 - 10.45 - 11.41 + | 10 8 6 4 2 1 |
| 800 m | < 13.57 13.58 - 15.35 - 17.11 - 18.48 - 20.24 + | < 16.22 16.23 - 17.10 - 18.47 - 20.10 - 22.04 - | < 18.17 18.18 - 18.17 - 20.09 - 22.03 - 23.56 + | < 19.15 19.16 - 21.30 - 22.30 - 24.37 - 26.43 + | < 17.44 17.45 - 19.48 - 21.50 - 23.52 - 25.56 + | 20 16 12 9 6 3 |
| 1500 m | < 26.55 26.56 - 30.02 - 33.09 - 36.15 - 39.21 + | < 32.04 32.05 - 35.47 - 39.29 - 43.11 - 46.53 + | < 35.48 35.49 - 39.57 - 43.10 - 46.52 + 52.20 + | < 39.56 39.57 - 44.04 - 48.11 - 52.19 + | < 19.47 19.48 - 21.50 - 23.52 - 25.55 + | 15 12 9 6 4 2 |
| 1/2 Hour | < 1150 1175 - 1275 - 1400 - 1525 - 1650 + | < 1000 1025 - 1125 - 1225 - 1325 - 1450 + | < 900 925 - 1000 - 1100 - 1200 - 1300 + | < 975 975 - 1075 - 1175 - 1275 - 1300 + | < 12 12 9 6 4 2 | |
| 3/4 Hour | < 1625 1650 - 1825 - 2025 - 2200 - 2400 + | < 1400 1425 - 1575 - 1750 - 1900 - 2075 + | < 1250 1275 - 1425 - 1575 - 1725 - 1875 + | + Denotes "equal to" or < Denotes "less than" or "greater than" | 3 6 9 12 15 | |
| 1 Hour | < 2100 2125 - 2375 - 2625 - 2875 - 3150 + | < 1800 1825 - 2000 - 2250 - 2450 - 2675 - 2700 + | < 1600 1625 - 1825 - 2000 - 2200 - 2425 - 2450 + | | 4 8 13 18 24 30 | |

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 30 - 34 YEARS

| DISTANCE | FREESTYLE | | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND. MEDLEY | | PTS. |
|----------|-----------|---------|------------|---------|--------------|---------|-----------|---------|-------------|-------|------|
| | 400 m | < 6.37 | < 7.53 | < 8.49 | < 9.17 | < 8.10 | < 9.06 | < 8.09 | < 10.0 | 10 | |
| 400 m | 6.38 - | 7.23 | 7.54 - | 8.48 | 8.50 - | 9.50 | 9.18 - | 10.21 | 8.10 - | 9.06 | 8 |
| | 7.24 - | 8.09 | 8.49 - | 9.43 | 9.51 - | 10.51 | 10.22 - | 11.25 | 9.07 - | 10.02 | 6 |
| | 8.10 - | 8.55 | 9.44 - | 10.37 | 10.52 - | 11.52 | 11.26 - | 12.29 | 10.03 - | 10.59 | 4 |
| | 8.56 - | 9.41 | 10.38 - | 11.32 | 11.53 - | 12.53 | 12.30 - | 13.33 | 10.60 - | 11.55 | 2 |
| | 9.42 + | 11.33 + | 12.54 + | 13.34 + | 11.56 + | | | | | | 1 |
| 800 m | < 14.15 | < 16.44 | < 18.41 | < 19.40 | < 19.41 | < 18.40 | < 19.41 - | 21.56 | 18.06 - | 20.10 | 20 |
| | 14.16 - | 15.54 | 16.45 - | 18.40 | 18.42 - | 20.51 | 21.57 - | 24.12 | 20.11 - | 22.16 | 16 |
| | 15.55 - | 17.33 | 18.41 - | 20.36 | 20.52 - | 23.00 | 23.01 - | 25.10 | 24.13 - | 26.28 | 12 |
| | 17.34 - | 19.11 | 20.37 - | 22.31 | 22.32 - | 24.27 | 25.11 - | 27.19 | 22.17 - | 24.21 | 9 |
| | 19.12 - | 20.50 | 22.32 - | 24.27 | 24.28 + | 27.20 + | 27.20 + | 28.44 | 24.22 - | 26.26 | 6 |
| | 20.51 + | | | | | | | 28.45 + | 26.27 + | | 3 |
| 1500 m | < 27.30 | < 32.45 | < 36.37 | < 36.37 | < 36.37 | < 36.37 | < 36.37 | | | | |
| | 27.31 - | 30.41 | 32.46 - | 36.32 | 36.38 - | 40.50 | 40.51 - | 45.04 | | | |
| | 30.42 - | 33.51 | 36.33 - | 40.19 | 40.20 - | 44.05 | 45.05 - | 49.17 | | | |
| | 33.52 - | 37.02 | 40.20 - | 44.05 | 44.06 - | 47.52 | 49.18 - | 53.30 | | | |
| | 37.03 - | 40.12 | 47.53 + | 53.31 + | | | | | | | |
| | 40.13 + | | | | | | | | | | |
| 1/2 Hour | < 1150 | < 950 | < 850 | < 850 | < 850 | < 850 | < 850 | | | | |
| | 1175 - | 1250 | 975 - | 1050 | 875 - | 925 | | | | | |
| | 1275 - | 1350 | 1075 - | 1150 | 950 - | 1025 | | | | | |
| | 1375 - | 1450 | 1175 - | 1250 | 1050 - | 1125 | | | | | |
| | 1475 - | 1575 | 1275 - | 1375 | 1150 - | 1225 | | | | | |
| | 1600 + | | 1400 + | 1250 + | 1250 + | | | | | | |
| 3/4 Hour | < 1600 | < 1350 | < 1200 | < 1200 | < 1200 | < 1200 | < 1200 | | | | |
| | 1625 - | 1775 | 1375 - | 1500 | 1225 - | 1350 | | | | | |
| | 1800 - | 1950 | 1525 - | 1650 | 1375 - | 1500 | | | | | |
| | 1975 - | 2125 | 1675 - | 1800 | 1525 - | 1650 | | | | | |
| | 2150 - | 2300 | 1825 - | 1975 | 1675 - | 1800 | | | | | |
| | 2325 + | | 2000 + | 1825 + | 1825 + | | | | | | |
| 1 Hour | < 2050 | < 1750 | < 1550 | < 1550 | < 1550 | < 1550 | < 1550 | | | | |
| | 2075 - | 2275 | 1775 - | 1950 | 1575 - | 1750 | | | | | |
| | 2300 - | 2525 | 1975 - | 2150 | 1775 - | 1950 | | | | | |
| | 2550 - | 2775 | 2175 - | 2350 | 1975 - | 2150 | | | | | |
| | 2800 - | 3025 | 2375 - | 2575 | 2175 - | 2375 | | | | | |
| | 3050 + | | 2600 + | 2400 + | 2400 + | | | | | | |

"equal to"
or
Denotes

"less than"
or
Denotes

"greater than"
or
Denotes

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 35 - 39 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|--|--|---|---|---|--|
| 400 m | < 6.47 6.48 - 7.35 - 8.22 - 9.08 - 9.55 + | < 7.34 8.21 - 9.07 - 9.54 - 11.47 + | < 8.03 8.04 - 9.00 - 9.56 - 10.51 - 11.47 + | < 9.00 9.01 - 10.04 - 10.50 - 11.06 - 12.09 - 13.11 + | < 9.29 9.30 - 10.36 - 11.42 - 12.47 - 13.53 + | < 8.19 8.20 - 9.18 - 10.15 - 11.13 - 12.10 + |
| 800 m | 14.34 - 16.15 - 17.56 - 19.37 - 21.18 + | 16.14 - 17.55 - 19.36 - 21.17 - 24.59 + | 17.05 - 19.03 - 21.02 - 22.60 - 24.58 - 24.59 + | < 19.05 19.06 - 21.18 - 23.30 - 25.42 - 27.54 - 27.55 + | < 20.07 20.08 - 22.27 - 24.46 - 24.47 - 27.05 - 27.06 - 29.24 - 29.25 + | < 18.28 18.29 - 20.37 - 22.44 - 22.45 - 24.52 - 24.53 - 27.00 + |
| 1500 m | 28.07 - 31.22 - 34.36 - 37.51 - 41.05 + | 31.21 - 34.35 - 37.50 - 41.04 - 48.54 + | < 33.26 33.27 - 37.19 - 41.10 - 45.01 - 48.53 - 48.54 + | < 37.24 37.25 - 41.44 - 46.02 - 50.20 - 54.39 - 54.40 + | | |
| 1/2 Hour | < 1100 1125 - 1225 - 1350 - 1475 - 1600 + | < 950 975 - 1050 - 1150 - 1250 - 1350 + | < 850 875 - 950 - 1025 - 1125 - 1225 - 1250 + | < 925 1025 - 1125 - 1225 - 1250 + | | |
| 3/4 Hour | < 1550 1575 - 1750 - 1925 - 2100 - 2300 + | < 1325 1350 - 1500 - 1650 - 1800 - 1950 + | < 1175 1200 - 1350 - 1500 - 1650 - 1800 + | + Denotes "equal to" < Denotes "less than" or or | | |
| 1 Hour | < 2000 2025 - 2250 - 2500 - 2750 - 3000 + | < 1700 1725 - 1925 - 2125 - 2325 - 2550 + | < 1500 1525 - 1725 - 1925 - 2125 - 2350 + | | | |

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 40 - 44 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | | IND. MEDLEY | PTS. |
|----------|---------------|---------------|---------------|---------------|------------------------|-------------|------|
| | | | | < | < | | |
| 400 m | < 6.59 | < 8.19 | < 9.18 | < 9.46 | < 9.46 | < 8.35 | 10 |
| | 6.60 - 7.48 | 8.20 - 9.17 | 9.19 - 10.22 | 9.47 - 10.54 | 9.36 - 10.54 | 9.34 | 8 |
| | 7.49 - 8.36 | 9.18 - 10.14 | 10.23 - 11.27 | 10.55 - 12.02 | 9.35 - 12.02 | 10.34 | 6 |
| | 8.37 - 9.25 | 10.15 - 11.12 | 11.28 - 12.31 | 12.03 - 13.09 | 10.35 - 13.09 | 11.33 | 4 |
| | 9.26 - 10.13 | 11.13 - 12.09 | 12.32 - 13.35 | 13.10 - 14.17 | 11.34 - 14.17 | 12.32 | 2 |
| | 10.14 + | 12.10 + | 13.36 + | 14.18 + | 12.33 + | 12.33 | 1 |
| 800 m | < 15.01 | < 17.38 | < 19.43 | < 20.43 | < 20.43 | < 19.03 | 20 |
| | 15.02 - 16.45 | 17.39 - 19.40 | 19.44 - 21.59 | 20.44 - 23.06 | 19.04 - 23.06 | 21.15 | 16 |
| | 16.46 - 18.29 | 19.41 - 21.43 | 21.00 - 24.16 | 23.07 - 25.30 | 21.16 - 25.30 | 23.27 | 12 |
| | 18.30 - 20.13 | 21.44 - 23.45 | 24.17 - 26.32 | 25.31 - 27.53 | 23.28 - 27.53 | 25.38 | 9 |
| | 20.14 - 21.57 | 23.46 - 25.47 | 26.33 - 28.48 | 27.54 - 30.16 | 25.39 - 30.16 | 27.50 | 6 |
| | 21.58 + | 25.48 + | 28.49 + | 30.17 + | 27.51 + | 27.51 | 3 |
| 1500 m | < 28.59 | < 34.30 | < 38.34 | < 38.34 | < 38.34 | < 38.34 | 15 |
| | 28.60 - 32.20 | 34.31 - 38.29 | 38.35 - 43.02 | 43.03 - 47.29 | 47.30 - 51.57 | 51.57 | 12 |
| | 32.21 - 35.40 | 38.30 - 42.28 | 42.29 - 46.27 | 47.30 - 51.57 | 51.58 - 56.24 | 56.24 | 9 |
| | 35.41 - 39.01 | 42.29 - 46.28 | 50.26 - 56.25 | 56.25 + | | | 6 |
| | 39.02 - 42.21 | 46.28 - 50.27 | 50.27 + | | | | 4 |
| | 42.22 + | | | | | | 2 |
| 1/2 Hour | < 1100 | < 900 | < 800 | < 800 | < 800 | < 800 | 2 |
| | 1125 - 1200 | 925 - 1000 | 825 - 900 | 875 - 975 | | | 4 |
| | 1225 - 1300 | 1025 - 1100 | 900 - 1000 | 975 - 1075 | < Denotes "equal to" | "less than" | 6 |
| | 1325 - 1400 | 1125 - 1200 | 1000 - 1100 | 1075 - 1175 | Denotes "greater than" | "less than" | 9 |
| | 1425 - 1525 | 1225 - 1325 | 1100 - 1200 | 1175 - 1200 | Denotes "greater than" | "less than" | 12 |
| | 1550 + | 1350 + | | | | | 15 |
| 3/4 Hour | < 1525 | < 1275 | < 1125 | < 1125 | < 1125 | < 1125 | 3 |
| | 1550 - 1675 | 1300 - 1425 | 1150 - 1250 | 1250 - 1350 | 1350 - 1450 | 1450 - 1550 | 6 |
| | 1700 - 1850 | 1450 - 1575 | 1275 - 1375 | 1375 - 1475 | 1475 - 1575 | 1575 - 1675 | 9 |
| | 1875 - 2025 | 1600 - 1725 | 1425 - 1550 | 1550 - 1650 | 1650 - 1750 | 1750 - 1875 | 12 |
| | 2050 - 2200 | 1750 - 1900 | 1575 - 1700 | 1700 - 1800 | 1800 - 1900 | 1900 - 2050 | 15 |
| | 2225 + | 1925 + | 1725 + | 1825 + | 1925 + | 2025 + | 20 |
| 1 Hour | < 1950 | < 1650 | < 1450 | < 1450 | < 1450 | < 1450 | 4 |
| | 1975 - 2175 | 1675 - 1850 | 1475 - 1625 | 1625 - 1825 | 1825 - 2025 | 2025 - 2225 | 8 |
| | 2200 - 2400 | 1875 - 2050 | 1650 - 1850 | 1850 - 2050 | 2050 - 2250 | 2250 - 2450 | 13 |
| | 2425 - 2625 | 2075 - 2250 | 1850 - 2050 | 2050 - 2250 | 2250 - 2450 | 2450 - 2650 | 18 |
| | 2650 - 2875 | 2275 - 2475 | 2050 - 2250 | 2250 - 2450 | 2450 - 2650 | 2650 - 2850 | 24 |
| | 2900 + | 2500 + | 2250 + | 2450 + | 2650 + | 2850 + | 30 |

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 45 - 49 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|--|--|--|--|--|--------------------------------|
| 400 m | < 7.13 7.14 - 8.04 - 8.53 - 9.43 - 10.32 + | < 8.34 8.35 - 9.34 - 10.33 - 11.32 - 12.31 + | < 9.35 9.36 - 10.42 - 11.49 - 12.55 - 14.01 + | < 10.05 10.06 - 11.16 - 12.26 - 13.35 - 14.45 + | < 8.51 8.52 - 9.53 - 10.54 - 11.55 - 12.56 + | 10 8 6 4 2 1 |
| 800 m | < 15.28 15.29 - 17.16 - 19.03 - 20.50 - 22.37 + | < 18.08 18.09 - 20.15 - 22.21 - 24.26 - 26.32 + | < 20.19 20.20 - 22.41 - 25.00 - 27.21 - 29.41 + | < 21.23 21.24 - 23.52 - 26.19 - 27.21 - 28.47 - | < 19.38 19.39 - 21.55 - 24.10 - 26.26 - 28.42 + | 20 16 12 9 6 3 |
| 1500 m | < 29.52 29.53 - 33.20 - 36.47 - 40.13 - 43.40 + | < 35.31 35.32 - 39.38 - 43.43 - 47.49 - 51.54 + | < 39.45 39.46 - 44.21 - 48.56 - 53.31 - 58.06 + | | | 15 12 9 6 4 2 |
| 1/2 Hour | < 1050 1075 - 1175 - 1275 - 1375 - 1500 + | < 900 925 - 1000 - 1100 - 1200 - 1300 + | < 800 825 - 900 - 950 - 1025 - 1125 + | | | 2 4 6 9 9 12 |
| 3/4 Hour | < 1475 1500 - 1650 - 1825 - 2000 - 2175 + | < 1250 1275 - 1425 - 1575 - 1725 - 1875 + | < 1100 1125 - 1250 - 1350 - 1475 - 1500 - 1625 + | = Denotes "equal to" or < Denotes "less than" | | 3 6 9 12 15 |
| 1 Hour | < 1900 1925 - 2150 - 2375 - 2600 - 2850 + | < 1600 1625 - 1825 - 2000 - 2200 - 2225 - 2450 + | < 1400 1425 - 1600 - 1750 - 1925 - 1950 - 2125 + | | | 4 8 13 18 24 30 |

NATIONAL AEROBIC TROPHY POINTSCORE ::

WOMEN 55 - 59 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|--|--|--|--|--|--------------------------------|
| 400 m | < 7.51 7.52 - 8.46 - 9.41 - 10.35 - 11.29 + | < 9.11 8.45 - 9.40 - 10.34 - 11.28 - 13.41 + | < 10.26 9.12 - 10.18 - 11.27 - 12.33 - 13.40 - | < 10.59 10.27 - 11.38 - 11.39 - 12.51 - 14.03 - | < 9.39 11.00 - 12.15 - 12.16 - 13.31 - 14.47 - | 10 8 6 4 2 1 |
| 800 m | < 16.51 16.52 - 18.49 - 20.45 - 22.42 - 24.38 + | < 19.48 18.48 - 20.44 - 22.41 - 24.37 - 28.58 + | < 22.09 19.49 - 22.05 - 24.23 - 26.40 - 28.57 - | < 23.17 22.10 - 24.42 - 27.16 - 29.49 - 32.22 - | < 21.26 23.18 - 25.59 - 28.40 - 31.21 - 34.02 - | 20 16 12 9 6 3 |
| 1500 m | < 32.33 32.34 - 36.19 - 40.04 - 43.49 - 47.34 + | < 38.47 36.18 - 40.03 - 43.48 - 47.33 - 52.13 - | < 43.19 38.48 - 43.16 - 47.44 - 52.12 - 56.40 - | < 48.19 43.20 - 48.20 - 53.19 - 58.19 - 63.19 - | < 53.19 48.19 - 53.19 - 58.19 - 63.19 - | 15 12 9 6 4 2 |
| 1/2 Hour | < 950 975 - 1075 - 1175 - 1275 - 1400 + | < 800 1050 - 1150 - 1250 - 1375 - 1200 + | < 750 825 - 900 - 1000 - 1100 - 1200 + | < 800 775 - 825 - 900 - 950 - 1050 + | < 950 875 - 975 - 1075 - 1175 - 1025 - | 2 4 6 9 12 15 |
| 3/4 Hour | < 1350 1375 - 1525 - 1675 - 1825 - 2000 + | < 1150 1175 - 1650 - 1800 - 1575 - 1725 + | < 1025 1050 - 1150 - 1250 - 1275 - 1400 - | + Denotes "equal to" or or or or "greater than" | "equal to" "less than" | 3 6 9 12 15 20 |
| 1 Hour | < 1750 1775 - 1975 - 2175 - 2375 - 2600 + | < 1500 1525 - 1700 - 1875 - 2050 - 2250 + | < 1300 1325 - 1475 - 1650 - 1825 - 2000 + | < 1450 1450 - 1625 - 1800 - 1975 - | < 10.46 10.47 - 11.53 - 12.59 - 14.06 - | 8 6 13 18 24 30 |

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 60 - 64 YEARS

| DISTANCE | FREESTYLED | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND. MEDLEY | | PTS. |
|----------|---------------|---------------|---------------|---------------|---------------|---------------|-----------------|-----------------|-----------------|------|
| | | WOMEN | 60 - 64 | WOMEN | 60 - 64 | YEARS | WOMEN | 60 - 64 | YEARS | |
| 400 m | < 8.15 | < 9.50 | < 10.58 | < 11.32 | < 10.09 | < 10.09 | < 11.19 | < 11.19 | < 10.09 | 10 |
| | 8.16 - 9.12 | 9.51 - 10.58 | 10.59 - 12.14 | 11.33 - 12.52 | 10.10 - 11.19 | 10.10 - 11.19 | 11.20 - 12.30 | 11.20 - 12.30 | 11.20 - 12.30 | 8 |
| | 9.13 - 10.09 | 10.59 - 12.06 | 12.15 - 13.30 | 12.53 - 14.12 | 11.20 - 12.30 | 11.20 - 12.30 | 12.31 - 13.40 | 12.31 - 13.40 | 12.31 - 13.40 | 6 |
| | 10.10 - 11.06 | 12.07 - 13.13 | 13.31 - 14.45 | 14.13 - 15.32 | 12.31 - 13.40 | 12.31 - 13.40 | 13.41 - 14.50 | 13.41 - 14.50 | 13.41 - 14.50 | 4 |
| | 11.07 - 12.03 | 13.14 - 14.21 | 14.46 - 16.01 | 15.33 - 16.52 | 13.41 - 14.50 | 13.41 - 14.50 | 14.51 + 14.51 + | 14.51 + 14.51 + | 14.51 + 14.51 + | 2 |
| | 12.04 + | 14.22 + | 16.02 + | 16.53 + | 16.53 + | 16.53 + | | | | 1 |
| | < 17.44 | < 20.49 | < 23.15 | < 24.27 | < 22.33 | < 22.33 | | | | 20 |
| | 17.45 - 19.47 | 20.50 - 23.13 | 23.16 - 25.56 | 24.28 - 26.46 | 22.34 - 25.09 | 22.34 - 25.09 | | | | 16 |
| | 19.48 - 21.50 | 23.14 - 25.37 | 25.57 - 28.37 | 26.47 - 29.06 | 25.10 - 27.45 | 25.10 - 27.45 | | | | 12 |
| | 21.51 - 23.52 | 25.38 - 28.01 | 28.38 - 31.17 | 29.07 - 31.25 | 27.46 - 30.21 | 27.46 - 30.21 | | | | 9 |
| 800 m | 23.53 - 25.55 | 28.02 - 30.25 | 31.18 - 33.58 | 31.26 - 33.44 | 30.22 - 32.57 | 30.22 - 32.57 | | | | 6 |
| | 25.56 + | 30.26 + | 33.59 + | 33.45 + | 32.58 + | 32.58 + | | | | 3 |
| | < 34.14 | < 40.45 | < 45.30 | | | | | | | 15 |
| | 34.15 - 38.11 | 40.46 - 45.27 | 45.31 - 50.45 | | | | | | | 12 |
| | 38.12 - 42.08 | 45.28 - 50.10 | 50.46 - 56.00 | | | | | | | 9 |
| 1500 m | 42.09 - 46.04 | 50.11 - 54.52 | 54.52 - 56.01 | 56.01 - 61.15 | | | | | | 6 |
| | 46.05 - 50.01 | 54.53 - 59.34 | 59.34 - 61.16 | 61.16 - 66.30 | | | | | | 4 |
| | 50.02 + | 59.35 + | 66.31 + | | | | | | | 2 |
| | < 900 | < 800 | < 750 | | | | | | | 2 |
| | 925 - 1000 | 825 - 875 | 775 - 800 | | | | | | | 4 |
| 1/2 Hour | 1025 - 1100 | 900 - 950 | 825 - 875 | | | | | | | 6 |
| | 1125 - 1200 | 975 - 1025 | 900 - 950 | | | | | | | 9 |
| | 1225 - 1325 | 1050 - 1125 | 975 - 1025 | | | | | | | 12 |
| | 1350 + | 1150 + | 1050 + | | | | | | | 15 |
| | < 1275 | < 1100 | < 1000 | | | | | | | 3 |
| 3/4 Hour | 1300 - 1425 | 1125 - 1225 | 1025 - 1100 | | | | | | | 8 |
| | 1450 - 1575 | 1250 - 1350 | 1125 - 1225 | | | | | | | 13 |
| | 1600 - 1725 | 1375 - 1475 | 1250 - 1325 | | | | | | | 18 |
| | 1750 - 1900 | 1500 - 1600 | 1350 - 1450 | | | | | | | 24 |
| | 1925 + | 1625 + | 1475 + | | | | | | | 30 |
| 1 Hour | < 1650 | < 1400 | < 1250 | | | | | | | 4 |
| | 1675 - 1850 | 1425 - 1550 | 1275 - 1400 | | | | | | | 8 |
| | 1875 - 2050 | 1575 - 1725 | 1425 - 1550 | | | | | | | 13 |
| | 2075 - 2250 | 1750 - 1900 | 1575 - 1700 | | | | | | | 18 |
| | 2275 - 2475 | 1925 - 2075 | 1725 - 1875 | | | | | | | 24 |
| 2 Hours | 2500 + | 2100 + | 1900 + | | | | | | | 30 |
| | < 2600 | < 2300 | < 2100 | | | | | | | |
| | 2600 - 2800 | 2300 - 2500 | 2100 - 2300 | | | | | | | |
| | 2800 - 3000 | 2500 - 2700 | 2300 - 2500 | | | | | | | |
| | > 3000 | > 2700 | > 2500 | | | | | | | |

< Denotes "less than"
 > Denotes "greater than"
 = Denotes "equal to"
 or
 or
 or
 or

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 65 - 69 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---|---|---|---|---|---|
| 400 m | < 8.45 9.46 10.47 11.47 12.48 | < 8.45 9.46 10.46 11.46 12.47 | < 10.25 11.37 12.49 14.01 15.13 | < 11.37 12.58 14.19 15.39 17.00 | < 12.15 13.40 15.05 16.29 17.54 | < 10.45 12.00 13.14 14.29 15.43 |
| 800 m | < 18.49 20.59 23.09 25.19 27.29 | < 18.49 20.59 23.09 25.19 27.29 | < 22.04 24.37 27.10 29.42 32.15 | < 24.41 27.32 30.23 33.13 36.04 | < 25.59 28.59 31.59 34.58 37.58 | < 23.51 26.36 29.22 32.07 34.52 |
| 1500 m | < 36.18 40.29 44.41 48.52 53.03 | < 36.18 40.29 44.41 48.52 53.03 | < 43.14 48.14 53.13 58.13 63.12 | < 48.16 53.50 59.25 64.59 70.33 | < 53.50 59.25 64.59 70.33 | < 23.51 26.36 29.22 32.07 34.52 |
| 1/2 Hour | < 850 925 1025 1125 1225 | < 850 925 1025 1125 1225 | < 750 800 875 950 1025 | < 700 750 800 850 925 | < 700 750 800 850 925 | < 23.51 26.36 29.22 32.07 34.52 |
| 3/4 Hour | < 1200 1325 1475 1625 1775 | < 1200 1325 1475 1625 1775 | < 1050 1150 1275 1375 1500 | < 950 1050 1150 1250 1350 | + Denotes "equal to" or "greater than" "less than" | 3 6 9 12 15 |
| 1 Hour | < 1550 1725 1925 2125 2325 | < 1350 1500 1650 1800 1975 | < 1200 1325 1475 1625 1775 | < 1200 1325 1475 1625 1775 | | 4 8 13 18 24 |
| | 1575 1750 1950 2150 2350 | - + + + | | | | 10 8 6 4 1 |
| | | | | | | |

NATIONAL AEROBIC TROPHY POINTSCORE :

WOMEN 70 - 74 YEARS

| DISTANCE | FREESTYLE | | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND. | | KEY | | PTS. | |
|----------|-----------|---------|------------|---------|--------------|---------|-----------|---------|---------|---------|---------|---------|------|----|
| | 400 m | < 9.19 | < 11.06 | < 12.24 | < 13.02 | < 14.32 | < 14.32 | < 11.29 | < 11.28 | < 11.28 | < 12.47 | < 12.47 | 10 | 8 |
| 9.20 - | 10.24 | 11.07 - | 12.23 | 12.25 - | 13.50 | 13.03 - | 14.32 | 11.29 - | 11.28 | 11.28 | 12.47 | 12.47 | 8 | |
| 10.25 - | 11.28 | 12.24 - | 13.39 | 13.51 - | 15.16 | 14.33 - | 16.03 | 12.48 - | 14.07 | 12.48 - | 14.07 | 14.07 | 6 | |
| 11.29 - | 12.33 | 13.40 - | 14.56 | 15.17 - | 16.41 | 16.04 - | 17.33 | 14.08 - | 15.26 | 14.08 - | 15.26 | 15.26 | 4 | |
| 12.34 - | 13.37 | 14.57 - | 16.12 | 16.42 - | 18.07 | 17.34 - | 19.03 | 15.27 - | 16.45 | 15.27 - | 16.45 | 16.45 | 2 | |
| 13.38 + | | 16.13 + | | 18.08 + | | 19.04 + | | 16.46 + | | 16.46 + | | 16.46 + | | 1 |
| 800 m | < 20.02 | < 23.30 | < 26.16 | < 26.16 | < 29.18 | < 27.40 | < 30.50 | < 25.28 | < 25.27 | < 25.27 | < 28.23 | < 28.23 | 20 | |
| 20.03 - | 22.21 | 23.31 - | 26.13 | 26.17 - | 29.19 - | 29.19 - | 32.20 | 30.51 - | 34.02 | 30.51 - | 34.02 | 34.02 | 16 | |
| 22.22 - | 24.40 | 26.14 - | 28.55 | 28.56 - | 31.38 | 32.21 - | 35.21 | 34.03 - | 37.13 | 32.21 - | 37.13 | 37.13 | 12 | |
| 24.41 - | 26.59 | 29.18 | 31.39 - | 34.20 | 35.22 - | 38.23 | 37.14 - | 40.24 | 34.17 - | 37.12 | 34.17 - | 37.12 | 9 | |
| 27.00 - | | 34.21 + | | 38.24 + | | 40.25 + | | 37.13 + | | 37.13 + | | 37.13 + | | 6 |
| 29.19 + | | | | | | | | | | | | | | 3 |
| 1500 m | < 38.23 | < 46.00 | < 51.19 | < 51.26 | | | | | | | | | | 15 |
| 38.24 - | 42.55 | 46.01 - | 51.19 | 51.27 - | 57.22 | | | | | | | | | 12 |
| 42.56 - | 47.28 | 51.20 - | 56.37 | 57.23 - | 63.18 | | | | | | | | | 9 |
| 47.29 - | 52.00 | 56.38 - | 61.56 | 63.19 - | 69.14 | | | | | | | | | 6 |
| 52.01 - | 56.32 | 61.57 - | 67.14 | 69.15 - | 75.10 | | | | | | | | | 4 |
| 56.33 + | | 67.15 + | | 75.11 + | | | | | | | | | | 2 |
| 1/2 Hour | < 800 | < 700 | < 650 | | | | | | | | | | | 2 |
| 825 - | 875 | 725 - | 750 | 675 - | 700 | | | | | | | | | 4 |
| 900 - | 975 | 775 - | 825 | 725 - | 750 | | | | | | | | | 6 |
| 1000 - | 1075 | 850 - | 900 | 775 - | 800 | | | | | | | | | 9 |
| 1100 - | 1175 | 925 - | 975 | 825 - | 875 | | | | | | | | | 12 |
| 1200 + | | 1000 + | | 900 + | | | | | | | | | | 15 |
| 3/4 Hour | < 1150 | < 975 | < 875 | < 975 | | | | | | | | | | 3 |
| 1175 - | 1275 | 1000 - | 1075 | 900 - | 975 | | | | | | | | | 6 |
| 1300 - | 1425 | 1100 - | 1200 | 1000 - | 1075 | | | | | | | | | 9 |
| 1450 - | 1550 | 1225 - | 1300 | 1100 - | 1175 | | | | | | | | | 12 |
| 1575 - | 1700 | 1325 - | 1425 | 1200 - | 1275 | | | | | | | | | 15 |
| 1725 + | | 1450 + | | 1300 + | | | | | | | | | | 20 |
| 1 Hour | < 1500 | < 1250 | < 1100 | < 1100 | | | | | | | | | | 4 |
| 1525 - | 1675 | 1275 - | 1400 | 1125 - | 1225 | | | | | | | | | 8 |
| 1700 - | 1850 | 1425 - | 1550 | 1250 - | 1375 | | | | | | | | | 13 |
| 1875 - | 2025 | 1575 - | 1700 | 1400 - | 1525 | | | | | | | | | 18 |
| 2050 - | 2225 | 1725 - | 1875 | 1550 - | 1675 | | | | | | | | | 24 |
| 2250 + | | 1900 + | | 1700 + | | | | | | | | | | 30 |

< Denotes "equal to"
 + Denotes "less than"
 < Denotes "greater than"
 + Denotes "less than"
 < Denotes "greater than"

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 75 - 79 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. | |
|----------|---|---|---|---|---|---|-------------------------------|
| 400 m | 9.58 - < 9.57 11.07 - 12.14 12.15 - 13.23 13.24 - 14.31 14.32 + 14.32 | < 11.06 13.13 - 14.33 14.34 - 15.55 15.56 - 17.16 17.17 + 17.17 | < 11.50 13.12 - 13.12 15.55 - 17.16 17.50 - 19.21 19.22 + 19.22 | < 13.14 14.46 - 14.46 16.18 - 17.49 18.46 - 20.21 20.22 + 20.22 | < 13.55 15.32 - 15.32 17.08 - 17.08 18.45 - 20.21 20.29 - 20.29 | 12.15 - 12.15 13.40 - 15.03 15.04 - 16.28 16.29 - 17.52 17.53 + 17.53 | 10 8 6 4 2 1 |
| 800 m | 21.24 - 23.51 23.52 - 26.19 26.20 - 28.46 28.47 - 31.14 31.15 + 31.15 | < 21.23 25.06 - 27.59 30.52 - 33.46 33.47 - 36.39 36.40 + 36.40 | < 25.05 27.59 - 30.52 33.46 - 37.46 37.47 - 41.00 41.01 + 41.01 | < 28.03 31.18 - 34.32 37.46 - 41.00 43.08 + 43.08 | < 29.30 32.55 - 36.19 39.43 - 43.07 39.44 - 43.07 39.42 + 39.42 | 27.10 - 27.10 30.18 - 33.25 33.26 - 36.33 36.34 - 39.41 39.42 + 39.42 | 20 16 12 9 6 3 |
| 1500 m | 40.39 - 45.33 45.34 - 50.28 50.29 - 55.23 55.24 - 60.18 60.19 + 60.19 | < 40.38 49.04 - 54.43 60.23 - 66.02 66.03 - 71.41 71.42 + 71.42 | < 49.03 54.43 - 61.13 66.02 - 73.54 73.55 - 80.14 80.15 + 80.15 | < 54.53 61.14 - 67.34 73.54 - 80.14 | | | 15 12 9 6 4 2 |
| 1/2 Hour | 775 - 825 850 - 925 950 - 1025 1050 - 1125 1150 + 1150 | < 750 725 - 750 775 - 800 825 - 850 875 - 925 950 + 950 | < 700 750 - 750 800 - 800 850 - 850 925 - 925 950 + 950 | < 600 650 - 650 700 - 700 750 - 750 825 - 825 850 + 850 | < Denotes "equal to" < Denotes "less than" + Denotes "greater than" | | 2 4 6 9 12 15 |
| 3/4 Hour | 1100 - 1200 1225 - 1325 1350 - 1450 1475 - 1600 1625 + 1625 | < 1075 975 - 1050 1075 - 1150 1175 - 1250 1275 - 1350 1375 + 1375 | < 950 1050 - 900 1150 - 1000 1250 - 1100 1350 - 1200 1225 + 1225 | < 825 900 - 1000 1000 - 1100 1100 - 1200 1200 + 1200 | "greater than" "equal to" "less than" | 3 6 9 12 15 20 | |
| 1 Hour | 1425 - 1550 1575 - 1725 1750 - 1900 1925 - 2075 2100 + 2100 | < 1400 1225 - 1325 1350 - 1475 1500 - 1625 1650 - 1775 1800 + 1800 | < 1200 1325 - 1075 1475 - 1200 1625 - 1325 1775 - 1450 1800 + 1600 | < 1050 1175 - 1075 1300 - 1200 1425 - 1325 1575 - 1450 1600 + 1600 | | 4 8 13 18 24 30 | |

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 80 - 84 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND. MEDLEY | | PTS. |
|----------|---------------|------------|-------|--------------|-------|-----------|------------------------|-------------|-------|------|
| | | < | 10.35 | < | 12.35 | < | 14.05 | < | 14.50 | |
| 400 m | 10.36 - 11.48 | 12.36 - | 14.02 | 14.06 - | 15.43 | 14.51 - | 16.33 | 13.02 - | 14.31 | 10 |
| | 11.49 - 13.02 | 14.03 - | 15.29 | 15.44 - | 17.20 | 16.34 - | 18.15 | 14.32 - | 16.01 | 8 |
| | 13.03 - 14.15 | 15.30 - | 16.56 | 17.21 - | 18.58 | 18.16 - | 19.58 | 16.02 - | 17.31 | 6 |
| | 14.16 - 15.28 | 16.57 - | 18.23 | 18.59 - | 20.35 | 19.59 - | 21.40 | 17.32 - | 19.01 | 4 |
| | 15.29 + | 18.24 + | | 20.36 + | | 21.41 + | | 19.02 + | | 2 |
| 800 m | 22.46 - 25.23 | 26.42 - | 29.46 | 29.53 - | 33.19 | 31.27 - | 35.04 | 28.54 - | 32.13 | 20 |
| | 25.24 - 28.01 | 29.47 - | 32.50 | 33.20 - | 36.46 | 35.05 - | 38.42 | 32.14 - | 35.33 | 16 |
| | 28.02 - 30.39 | 32.51 - | 35.55 | 36.47 - | 40.12 | 38.43 - | 42.19 | 35.34 - | 38.53 | 12 |
| | 30.40 - 33.17 | 35.56 - | 38.59 | 40.13 - | 43.39 | 42.20 - | 45.57 | 38.54 - | 42.13 | 9 |
| | 33.18 + | 39.00 + | | 43.40 + | | 45.58 + | | 42.14 + | | 1 |
| 1500 m | < 42.55 | < | 52.13 | < | 58.15 | < | 58.28 | | | |
| | 42.56 - 48.14 | 52.14 - | 58.15 | 58.29 - | 65.13 | | | | | |
| | 48.15 - 53.34 | 58.16 - | 64.16 | 65.14 - | 71.58 | | | | | |
| | 53.34 - 58.53 | 64.17 - | 70.18 | 71.59 - | 78.42 | | | | | |
| | 58.54 - 64.12 | 70.19 - | 76.19 | 78.43 - | 85.27 | | | | | |
| | 64.13 + | 76.20 + | | 85.28 + | | | | | | |
| 1/2 Hour | < 750 | < | 650 | < | 550 | | | | | |
| | 775 - 800 | 675 - | 675 | 575 - | 600 | | | | | |
| | 825 - 875 | 700 - | 725 | 625 - | 650 | | | | | |
| | 900 - 950 | 750 - | 775 | 675 - | 700 | < | Denotes "equal to" | | | |
| | 975 - 1025 | 800 - | 825 | 725 - | 775 | | or "less than" | | | |
| | 1050 + | 850 + | | 800 + | | | | | | |
| 3/4 Hour | < 1025 | < | 875 | < | 750 | + | Denotes "greater than" | | | |
| | 1050 - 1125 | 900 - | 950 | 775 - | 825 | | or "less than" | | | |
| | 1150 - 1250 | 975 - | 1050 | 850 - | 925 | | | | | |
| | 1275 - 1350 | 1075 - | 1125 | 950 - | 1025 | | | | | |
| | 1375 - 1475 | 1150 - | 1225 | 1050 - | 1125 | | | | | |
| | 1500 + | 1250 + | | 1150 + | | | | | | |
| 1 Hour | < 1300 | < | 1100 | < | 950 | | | | | |
| | 1325 - 1450 | 1125 - | 1225 | 975 - | 1075 | | | | | |
| | 1475 - 1600 | 1250 - | 1350 | 1100 - | 1200 | | | | | |
| | 1625 - 1750 | 1375 - | 1475 | 1225 - | 1325 | | | | | |
| | 1775 - 1925 | 1500 - | 1625 | 1350 - | 1475 | | | | | |
| | 1950 + | 1650 + | | 1500 + | | | | | | |

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 85 - 89 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---|---|---|---|---|---|
| 400 m | < 11.39 12.59 14.20 15.40 17.00 | < 11.38 14.19 15.39 16.59 + 20.14 | < 13.50 15.27 17.03 18.38 20.13 | < 15.29 17.02 18.37 20.51 22.39 | < 16.19 17.17 19.04 20.51 23.51 | < 14.19 15.59 17.37 19.16 20.55 |
| 800 m | < 25.02 27.56 30.50 33.43 36.37 | < 25.01 30.49 33.42 36.36 42.54 | < 29.21 32.45 36.08 39.30 42.53 | < 32.51 32.44 36.07 40.27 44.15 | < 34.34 36.39 38.35 42.33 46.34 | < 31.26 35.11 38.56 42.41 46.26 |
| 1500 m | < 47.13 53.04 58.55 64.47 70.38 | < 47.12 58.55 64.46 70.37 83.58 | < 57.26 64.04 70.42 77.19 83.57 | < 64.18 71.44 79.10 86.34 94.00 | < 71.43 79.09 86.34 93.59 + | < 31.26 35.11 38.56 42.41 46.27 |
| 1/2 Hour | < 725 775 850 925 1000 | < 700 825 900 975 + 800 | < 600 625 650 700 725 | < 500 525 550 600 625 | < 525 575 625 675 700 | 2 12 9 6 4 2 |
| 3/4 Hour | < 975 1050 1150 1250 1350 | < 950 1025 1125 1225 1325 | < 800 825 900 975 1050 | < 675 750 825 900 1125 | + Denotes "equal to" or or "less than" | 3 6 9 12 15 |
| 1 Hour | < 1225 1325 1450 1575 1700 | < 1200 1425 1550 1675 + 1500 | < 1000 1100 1225 1350 1475 | < 850 950 1075 1200 1325 | | 4 8 13 18 24 30 |

NATIONAL AEROBIC TROPHY POINTSCORE : WOMEN 90 + YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND. MEDLEY | | PTS. |
|----------|---------------|------------|-------|--------------|--------|-----------|------------|----------------|-------------|------|
| | | < | 12.47 | < | 15.13 | < | 17.02 | < | 17.57 | |
| 400 m | 12.48 - 14.16 | 15.14 - | 16.58 | 17.03 - | 19.00 | 17.58 - | 20.01 | 15.46 - | 17.34 | 10 |
| | 14.17 - 15.44 | 16.59 - | 18.44 | 19.01 - | 20.58 | 20.02 - | 22.05 | 17.35 - | 19.23 | 8 |
| | 15.45 - 17.13 | 18.45 - | 20.29 | 20.59 - | 22.56 | 22.06 - | 24.09 | 19.24 - | 21.11 | 6 |
| | 17.14 - 18.41 | 20.30 - | 22.14 | 22.57 - | 24.54 | 24.10 - | 26.13 | 21.12 - | 23.00 | 4 |
| | 18.42 + | 22.15 + | | 24.55 + | | 26.14 + | | 23.01 + | | 2 |
| 800 m | < 27.31 | < | 32.17 | < | 36.08 | < | 38.01 | < | 34.34 | 20 |
| | 27.32 - 30.42 | 32.18 - | 36.00 | 36.09 - | 40.18 | 38.02 - | 42.25 | 34.35 - | 38.42 | 16 |
| | 30.43 - 33.53 | 36.01 - | 39.44 | 40.19 - | 44.29 | 42.26 - | 46.48 | 38.43 - | 42.49 | 12 |
| | 33.54 - 37.04 | 39.45 - | 43.27 | 44.30 - | 48.39 | 46.49 - | 51.12 | 42.50 - | 46.57 | 9 |
| | 37.05 - 40.15 | 43.28 - | 47.10 | 48.40 - | 52.49 | 51.13 - | 55.35 | 46.58 - | 51.04 | 6 |
| | 40.16 + | 47.11 + | | 52.50 + | | 55.36 + | | 51.05 + | | 3 |
| 1500 m | < 51.55 | < | 63.10 | < | 70.43 | | | | | 15 |
| | 51.56 - 58.21 | 63.11 - | 70.28 | 70.44 - | 78.53 | | | | | 12 |
| | 58.22 - 64.48 | 70.29 - | 77.45 | 78.54 - | 87.03 | | | | | 9 |
| | 64.49 - 71.14 | 77.46 - | 85.03 | 87.04 - | 95.13 | | | | | 6 |
| | 71.15 - 77.40 | 85.04 - | 92.20 | 95.14 - | 103.23 | | | | | 4 |
| | 77.41 + | 92.21 + | | 103.24 + | | | | | | 2 |
| 1/2 Hour | < 600 | < | 550 | < | 500 | | | | | 2 |
| | 625 - 650 | 575 - | 575 | 525 - | 525 | | | | | 4 |
| | 675 - 725 | 600 - | 600 | 550 - | 550 | | | | | 6 |
| | 750 - 800 | 625 - | 625 | 575 - | 575 | | | | | 9 |
| | 825 - 875 | 650 - | 675 | 600 - | 625 | | | | | 12 |
| | 900 + | 700 + | | 650 + | | | | | | 15 |
| 3/4 Hour | < 850 | < | 725 | < | 625 | + | "equal to" | "greater than" | "less than" | 3 |
| | 875 - 925 | 750 - | 775 | 650 - | 675 | | | | | 6 |
| | 950 - 1025 | 800 - | 850 | 700 - | 750 | | | | | 9 |
| | 1050 - 1100 | 875 - | 925 | 775 - | 825 | | | | | 12 |
| | 1125 - 1200 | 950 - | 1000 | 850 - | 900 | | | | | 15 |
| | 1225 + | 1025 + | | 925 + | | | | | | 20 |
| 1 Hour | < 1100 | < | 900 | < | 750 | | | | | 4 |
| | 1125 - 1200 | 925 - | 1000 | 775 - | 850 | | | | | 8 |
| | 1225 - 1300 | 1025 - | 1100 | 875 - | 950 | | | | | 13 |
| | 1325 - 1400 | 1125 - | 1200 | 975 - | 1050 | | | | | 18 |
| | 1425 - 1525 | 1225 - | 1325 | 1075 - | 1175 | | | | | 24 |
| | 1550 + | 1350 + | | 1200 + | | | | | | 30 |

< Denotes "equal to"
 or
 < Denotes "less than"

+ Denotes "greater than"
 or
 + Denotes "equal to"

NATIONAL AEROBIC TROPHY POINTSCORE : MEN 20 - 24 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---|---|---|---|---|--------------------------|
| 400 m | 5.47 < 5.46 6.27 < 6.26 7.07 < 7.06 7.46 < 7.45 8.26 + 8.25 | 6.53 < 6.52 7.41 < 7.40 8.28 < 9.15 9.16 < 10.02 10.03 + 10.03 | 7.41 < 7.40 8.34 < 8.27 9.28 < 9.15 10.21 < 11.13 11.14 + 11.14 | 8.05 < 8.04 9.01 < 9.00 9.57 < 10.51 10.52 < 11.47 11.48 + 11.48 | 7.06 < 7.05 7.55 < 7.54 8.44 < 8.43 9.33 < 9.32 10.22 + 10.22 | 10 8 6 4 1 |
| 800 m | 12.25 < 12.24 13.51 < 13.50 15.17 < 15.16 16.42 < 16.41 18.08 + 18.07 | 14.35 < 14.34 16.16 < 16.15 17.57 < 17.56 19.37 < 19.36 21.18 + 21.18 | 16.16 < 16.15 18.09 < 20.00 20.01 < 21.53 21.54 < 23.45 23.46 + 23.46 | 17.07 < 17.06 19.05 < 21.03 21.04 < 23.01 23.02 < 24.59 25.00 + 25.00 | 15.45 < 15.44 17.34 < 17.33 19.23 < 19.22 21.11 < 21.10 23.00 + 23.00 | 20 16 12 9 3 |
| 1500 m | 23.56 < 23.55 26.42 < 26.41 29.28 < 29.27 32.13 < 32.12 34.59 + 34.58 | 28.32 < 28.31 31.49 < 31.48 35.06 < 38.23 38.24 < 41.40 41.41 + 41.41 | 31.51 < 31.50 35.31 < 35.30 39.12 < 42.51 42.52 < 46.31 46.32 + 46.32 | | | 15 9 6 4 2 |
| 1/2 Hour | 1325 < 1300 1450 < 1425 1575 < 1675 1700 < 1825 1850 + 1550 | < 1100 1125 < 1200 1225 < 1300 1325 < 1400 1425 < 1525 | < 1000 1025 < 1100 1125 < 1200 1225 < 1300 1325 < 1425 | < 1000 1100 1200 1300 1400 | | 2 4 6 9 12 |
| 3/4 Hour | < 1850 2075 < 2250 2275 < 2450 2475 < 2675 2700 + 2300 | < 1575 1600 < 1750 1775 < 1925 1950 < 2100 2125 < 2275 | < 1425 1450 < 1575 1600 < 1750 1775 < 1900 1925 < 2075 | + Denotes "equal to" < Denotes "less than" or or | 3 6 9 12 15 | |
| 1 Hour | < 2400 2700 < 2950 2975 < 3225 3250 < 3525 3550 + 3050 | < 2050 2075 < 2275 2250 < 2525 2550 < 2775 2800 < 3025 | < 1850 1875 < 2050 2075 < 2275 2300 < 2500 2525 < 2725 | | 4 8 13 18 24 30 | |

NATIONAL AEROBIC TROPHY POINTSCORE : MEN 25 - 29 YEARS

| DISTANCE | FREESTYLE | | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND. MEDLEY | | PTS. |
|----------|---|---|---|---|---|---|---|---|---|---|--------------------------|
| | 400 m | < 5.53 | < 7.01 | < 7.51 | < 8.15 | < 7.16 | < 8.06 | < 7.16 | < 8.06 | < 7.16 | |
| 400 m | 5.54 - 6.35 - 7.16 - 7.57 - 8.38 + | 6.34 - 7.15 - 7.56 - 8.37 - 8.38 + | 7.02 - 7.51 - 8.40 - 9.28 - 10.17 + | 7.50 - 8.39 - 9.27 - 10.16 - 11.29 + | 8.45 - 9.40 - 10.34 - 11.28 - 12.05 + | 9.12 - 10.10 - 11.07 - 12.04 - 10.38 + | 7.17 - 8.07 - 8.58 - 9.47 - 10.37 + | 7.17 - 8.07 - 8.57 - 9.47 - 10.37 + | 7.17 - 8.07 - 8.57 - 9.47 - 10.37 + | 10 8 6 4 2 1 | |
| 800 m | 12.42 - 14.10 - 15.38 - 17.05 - 18.33 + | 14.09 - 15.37 - 17.04 - 18.32 - 18.33 + | 14.54 - 16.37 - 18.20 - 20.03 - 21.46 + | 16.36 - 18.19 - 20.02 - 21.45 - 24.18 + | 16.38 - 18.33 - 20.27 - 22.22 - 24.17 - | 18.32 - 19.32 - 21.34 - 23.34 - 25.35 - | 17.31 - 19.32 - 21.34 - 23.34 - 25.35 - | 19.31 - 21.33 - 23.34 - 25.35 - 25.36 + | 16.08 - 18.00 - 19.51 - 21.42 - 23.34 + | 17.59 19.51 21.42 23.34 23.35 + | 20 16 12 9 6 |
| 1500 m | 24.29 - 27.18 - 30.08 - 32.57 - 35.46 + | 27.17 - 30.07 - 32.56 - 35.45 - 35.46 + | 29.10 - 32.32 - 35.54 - 39.15 - 42.37 + | 32.31 - 35.53 - 39.14 - 42.36 - 47.35 + | 32.34 - 36.19 - 40.04 - 43.49 - 47.34 - | 36.18 - 40.04 - 43.49 - 47.34 - 47.35 + | 32.33 - 36.18 - 40.04 - 43.49 - 47.34 - | 15 12 9 6 4 |
| 1/2 Hour | 1325 - 1425 - 1550 - 1675 - 1800 + | 1400 - 1525 - 1650 - 1775 - 1550 + | 1125 - 1225 - 1325 - 1425 - 1550 + | 1200 - 1300 - 1400 - 1525 - 1400 + | 975 - 1075 - 1175 - 1275 - 1400 + | 1050 - 1150 - 1250 - 1375 - 1400 + | 950 - 1050 - 1150 - 1250 - 1375 - | 950 - 1050 - 1150 - 1250 - 1375 - | 950 - 1050 - 1150 - 1250 - 1375 - | 2 4 6 9 12 | |
| 3/4 Hour | 1850 - 2050 - 2250 - 2450 - 2650 + | 2025 - 2225 - 2425 - 2625 - 2275 + | 1575 - 1750 - 1925 - 2100 - 2275 + | 1725 - 1900 - 2075 - 2250 - 2050 + | 1400 - 1550 - 1725 - 1875 - 2050 + | 1525 - 1700 - 1850 - 2025 - 2050 + | 1375 - 1550 - 1700 - 1850 - 2025 - | 1375 - 1550 - 1700 - 1850 - 2025 - | 1375 - 1550 - 1700 - 1850 - 2025 - | 3 6 9 12 15 | |
| 1 Hour | 2375 - 2650 - 2925 - 3200 - 3500 + | 2625 - 2900 - 3175 - 3475 - 3000 + | 2025 - 2250 - 2500 - 2750 - 3000 + | 2225 - 2475 - 2725 - 2975 - 2700 + | 1800 - 2000 - 2250 - 2450 - 2675 - | 2000 - 2225 - 2450 - 2675 - 2700 + | 1800 - 2000 - 2225 - 2450 - 2675 - | 1800 - 2000 - 2225 - 2450 - 2675 - | 1800 - 2000 - 2225 - 2450 - 2675 - | 4 8 13 18 24 | |

"equal to"
or

"greater than"
Denotes
"less than"

PTS.

NATIONAL AEROBIC TROPHY POINTSCORE :

30 - 34 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---|---|---|--|---|---|
| 400 m | < 6.02 6.44 7.26 8.07 8.49 | < 6.01 6.43 7.25 8.06 8.48 | < 7.10 7.11 7.61 8.51 10.30 | < 8.01 8.02 8.50 9.39 10.29 | < 8.26 8.27 9.24 10.48 11.43 | < 7.25 7.26 8.17 9.09 10.50 |
| 800 m | < 12.57 14.28 15.58 17.27 18.57 | < 15.13 15.14 16.59 18.45 20.30 | < 16.59 16.58 18.44 20.29 22.14 | < 17.53 17.54 19.58 22.01 24.04 | < 16.27 16.28 18.22 20.16 22.08 | 20 16 12 9 6 |
| 1500 m | < 25.01 27.54 30.48 33.41 36.34 | < 29.46 29.47 33.13 36.40 40.06 | < 33.17 33.18 37.08 40.58 44.49 | < 37.07 37.08 40.58 44.48 48.38 | < 40.03 40.05 42.09 44.02 46.03 | 15 12 9 6 4 |
| 1/2 Hour | < 1250 1375 1500 1625 1775 | < 1050 1075 1175 1275 1375 | < 950 975 1075 1175 1275 | < 1050 1050 1150 1250 1375 | < 12 12 15 15 15 | 2 4 6 9 12 |
| 3/4 Hour | < 1775 1975 2175 2375 2575 | < 1500 1525 1675 1850 2025 | < 1350 1375 1525 1675 1700 | + Denotes "equal to" or "greater than" | + Denotes "equal to" or "less than" | 3 6 9 12 15 |
| 1 Hour | < 2300 2550 2825 3100 3375 | < 1950 1975 2200 2425 2625 | < 1750 1775 2175 2400 2400 | < 1950 1950 2175 2400 2400 | < 20 20 15 15 20 | 4 8 13 18 24 |

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 35 - 39 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | | PTS. |
|----------|---------------|---------------|---------------|--------------------------|---------------|---------------|------|
| | | | | | MEN | 35 - 39 YEARS | |
| 400 m | < 6.10 | < 7.19 | < 8.11 | < 8.37 | 7.35 < | 7.34 | 10 |
| | 6.11 - 6.53 | 7.20 - 8.10 | 8.12 - 9.08 | 8.38 - 9.37 | 8.27 - 10.37 | 8.26 - 9.19 | 8 |
| | 6.54 - 7.35 | 8.11 - 9.01 | 9.09 - 10.05 | 9.38 - 11.01 | 10.38 - 11.36 | 9.20 - 10.11 | 6 |
| | 7.36 - 8.18 | 9.02 - 9.51 | 10.06 - 11.02 | 11.58 - 12.36 | 11.37 - 12.36 | 10.12 - 11.03 | 4 |
| | 8.19 - 9.00 | 9.52 - 10.42 | 11.02 - 11.58 | 11.59 + 12.37 + | 11.04 + | | 2 |
| | 9.01 + | 10.43 + | 11.59 + | | | | 1 |
| 800 m | < 13.14 | < 15.32 | < 17.21 | < 18.17 | 16.49 < | 16.48 | 20 |
| | 13.15 - 14.46 | 15.33 - 17.20 | 17.22 - 19.21 | 18.18 - 20.24 | 18.45 - 20.41 | 18.44 - 20.41 | 16 |
| | 14.47 - 16.18 | 17.21 - 19.07 | 19.22 - 21.22 | 20.25 - 22.31 | 22.32 - 24.37 | 20.42 - 22.37 | 12 |
| | 16.19 - 17.49 | 19.08 - 20.55 | 21.23 - 23.22 | 22.32 - 24.38 | 24.38 - 26.44 | 22.38 - 24.33 | 9 |
| | 17.50 - 19.21 | 20.56 - 22.42 | 23.23 - 25.22 | 24.38 - 26.44 | 26.45 + | 24.34 + | 6 |
| | 19.22 + | 22.43 + | 25.23 + | | | | 3 |
| 1500 m | < 25.33 | < 30.24 | < 34.00 | < 34.00 | | | 15 |
| | 25.34 - 28.30 | 30.25 - 33.55 | 34.01 - 37.55 | | | | 12 |
| | 28.31 - 31.27 | 33.56 - 37.25 | 37.56 - 41.51 | | | | 9 |
| | 31.28 - 34.23 | 37.26 - 40.56 | 41.52 - 45.46 | | | | 6 |
| | 34.24 - 37.20 | 40.57 - 44.26 | 45.47 - 49.41 | | | | 4 |
| | 37.21 + | 44.27 + | 49.42 + | | | | 2 |
| 1/2 Hour | < 1250 | < 1050 | < 900 | < 900 | | | 2 |
| | 1275 - 1350 | 1075 - 1150 | 925 - 1000 | | | | 4 |
| | 1375 - 1475 | 1175 - 1250 | 1025 - 1100 | | | | 6 |
| | 1500 - 1600 | 1275 - 1350 | 1125 - 1200 | < Denotes "equal to" | | | 9 |
| | 1625 - 1725 | 1375 - 1475 | 1225 - 1325 | or "less than" | | | 12 |
| | 1750 + | 1500 + | 1350 + | | | | 15 |
| 3/4 Hour | < 1750 | < 1475 | < 1300 | + Denotes "greater than" | | | 3 |
| | 1775 - 1925 | 1500 - 1625 | 1325 - 1450 | "greater than" | | | 6 |
| | 1950 - 2125 | 1650 - 1800 | 1475 - 1625 | | | | 9 |
| | 2150 - 2325 | 1825 - 1975 | 1650 - 1775 | | | | 12 |
| | 2350 - 2525 | 2000 - 2150 | 1800 - 1950 | | | | 15 |
| | 2550 + | 2175 + | 1975 + | | | | 20 |
| 1 Hour | < 2250 | < 1900 | < 1700 | | | | 4 |
| | 2275 - 2500 | 1925 - 2125 | 1725 - 1900 | | | | 8 |
| | 2525 - 2775 | 2150 - 2350 | 1925 - 2125 | | | | 13 |
| | 2800 - 3050 | 2375 - 2575 | 2150 - 2350 | | | | 18 |
| | 3075 - 3325 | 2600 - 2825 | 2375 - 2575 | | | | 24 |
| | 3350 + | 2850 + | 2600 + | | | | 30 |

NATIONAL AEROBIC TROPHY POINTSCORE : MEN 40 - 44 YEARS

| DISTANCE | FREESTYLE | | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|-----------|-------|------------|--------------|----------------------|--------------------------|-----------------------|
| 400 m | < | 6.21 | < | 7.34 | < 8.27 | < 8.53 | < 7.48 |
| | 6.22 - | 7.05 | 7.35 - | 8.26 | 8.28 - 9.26 | 8.54 - 9.54 | 7.49 - 8.42 |
| | 7.06 - | 7.49 | 8.27 - | 9.19 | 9.27 - 10.24 | 9.55 - 10.56 | 8.43 - 9.36 |
| | 7.50 - | 8.33 | 9.20 - | 10.11 | 10.25 - 11.23 | 10.57 - 11.58 | 9.37 - 10.30 |
| | 8.34 - | 9.17 | 10.12 - | 11.03 | 11.24 - 12.21 | 11.59 - 12.59 | 10.31 - 11.24 |
| | 9.18 + | | 11.04 + | | 12.22 + | 13.00 + | 11.25 + |
| 800 m | < | 13.39 | < | 16.02 | < 17.55 | < 18.50 | < 17.19 |
| | 13.40 - | 15.14 | 16.03 - | 17.53 | 17.56 - 19.59 | 18.51 - 21.00 | 17.20 - 19.19 |
| | 15.15 - | 16.48 | 17.54 - | 19.44 | 20.00 - 22.03 | 21.01 - 23.11 | 19.20 - 21.19 |
| | 16.49 - | 18.23 | 19.45 - | 21.35 | 22.04 - 24.07 | 23.12 - 25.21 | 21.20 - 23.18 |
| | 18.24 - | 19.57 | 21.36 - | 23.26 | 24.08 - 26.11 | 25.22 - 27.31 | 23.19 - 25.18 |
| | 19.58 + | | 23.27 + | | 26.12 + | 27.32 + | 25.19 + |
| 1500 m | < | 26.21 | < | 31.22 | < 35.05 | < 39.08 | < 39.08 |
| | 26.22 - | 29.23 | 31.23 - | 34.59 | 35.06 - | 39.09 - | 39.09 - |
| | 29.24 - | 32.26 | 35.00 - | 38.37 | 39.09 - | 43.11 | 43.11 |
| | 32.27 - | 35.28 | 38.38 - | 42.14 | 43.12 - | 47.13 | 47.13 |
| | 35.29 - | 38.30 | 42.15 - | 45.51 | 47.14 - | 51.16 | 51.16 |
| | 38.31 + | | 45.52 + | | 51.17 + | | |
| 1/2 Hour | < | 1200 | < | 1000 | < 900 | < 900 | < 900 |
| | 1225 - | 1300 | 1025 - | 1100 | 925 - | 975 | 975 |
| | 1325 - | 1425 | 1125 - | 1200 | 1000 - | 1075 | 1075 |
| | 1450 - | 1550 | 1225 - | 1300 | 1100 - | 1175 | 1175 |
| | 1575 - | 1675 | 1325 - | 1425 | 1200 - | 1275 | 1275 |
| | 1700 + | | 1450 + | | 1300 + | | |
| 3/4 Hour | < | 1700 | < | 1425 | + Denotes "equal to" | + Denotes "greater than" | + Denotes "less than" |
| | 1725 - | 1875 | 1450 - | 1575 | 1300 - | 1425 | 1450 - |
| | 1900 - | 2075 | 1600 - | 1750 | 1450 - | 1575 | 1575 - |
| | 2100 - | 2250 | 1775 - | 1925 | 1600 - | 1725 | 1725 - |
| | 2275 - | 2450 | 1950 - | 2100 | 1750 - | 1875 | 1875 - |
| | 2475 + | | 2125 + | | 1900 + | | |
| 1 Hour | < | 2200 | < | 1850 | < 1650 | < 1850 | < 1850 |
| | 2225 - | 2450 | 1875 - | 2075 | 1675 - | 1850 | 1850 - |
| | 2475 - | 2700 | 2100 - | 2300 | 1875 - | 2050 | 2050 - |
| | 2725 - | 2950 | 2325 - | 2525 | 2075 - | 2250 | 2250 - |
| | 2975 - | 3225 | 2550 - | 2775 | 2275 - | 2475 | 2475 - |
| | 3250 + | | 2800 + | | 2500 + | | |

< Denotes "less than"
 + Denotes "greater than"

"equal to"
 "less than"

"greater than"

15

20

15

12

18

24

30

4

8

13

18

24

30

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 45 - 49 YEARS

| DISTANCE | FREESTYLE | | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND. MEDLEY | | PTS. |
|----------|-----------|---------|------------|---------|--------------|---------|-----------|---------|-------------|---------|------|
| | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | |
| 400 m | < 6.34 | < 6.34 | < 7.47 | < 7.47 | < 8.43 | < 8.43 | < 9.10 | < 9.10 | < 8.02 | < 8.02 | 10 |
| | 6.35 - | 7.19 | 7.48 - | 8.41 | 8.44 - | 9.43 | 10.14 - | 10.14 | 8.58 - | 8.58 | 8 |
| | 7.20 - | 8.04 | 8.42 - | 9.35 | 9.44 - | 10.44 | 11.17 - | 11.17 | 9.54 - | 9.54 | 6 |
| | 8.05 - | 8.49 | 9.36 - | 10.28 | 10.45 - | 11.44 | 12.21 - | 12.21 | 10.49 - | 10.49 | 4 |
| | 8.50 - | 9.34 | 10.29 - | 11.22 | 11.45 - | 12.44 | 12.22 - | 13.24 | 11.45 - | 11.45 | 2 |
| | 9.35 + | | 11.23 + | | 12.45 + | | 13.25 + | | 11.46 + | | 1 |
| 800 m | < 14.04 | < 14.04 | < 16.29 | < 16.29 | < 18.28 | < 18.28 | < 19.26 | < 19.26 | < 17.51 | < 17.51 | 20 |
| | 14.05 - | 15.41 | 16.30 - | 18.23 | 18.29 - | 20.36 | 21.41 - | 21.41 | 19.55 - | 19.55 | 16 |
| | 15.42 - | 17.19 | 18.24 - | 20.18 | 20.37 - | 22.44 | 21.42 - | 23.55 | 21.59 - | 21.59 | 12 |
| | 17.20 - | 18.56 | 20.19 - | 22.12 | 22.45 - | 24.51 | 23.56 - | 26.10 | 22.00 - | 24.02 | 9 |
| | 18.57 - | 20.33 | 22.13 - | 24.06 | 24.52 - | 26.59 | 26.11 - | 28.24 | 24.03 - | 26.06 | 6 |
| | 20.34 + | | 24.07 + | | 27.00 + | | 28.25 + | | 26.07 + | | 3 |
| 1500 m | < 27.09 | < 27.09 | < 32.17 | < 32.17 | < 36.08 | < 36.08 | | | | | 15 |
| | 27.10 - | 30.17 | 32.18 - | 36.01 | 36.09 - | 40.18 | | | | | 12 |
| | 30.18 - | 33.25 | 36.02 - | 39.44 | 40.19 - | 44.29 | | | | | 9 |
| | 33.26 - | 36.33 | 39.45 - | 43.28 | 44.30 - | 48.39 | | | | | 6 |
| | 36.34 - | 39.41 | 43.29 - | 47.11 | 48.40 - | 52.49 | | | | | 4 |
| | 39.42 + | | 47.12 + | | 52.50 + | | | | | | 2 |
| 1/2 Hour | < 1150 | < 1150 | < 950 | < 950 | < 850 | < 850 | | | | | 2 |
| | 1175 - | 1250 | 975 - | 1050 | 875 - | 925 | | | | | 4 |
| | 1275 - | 1375 | 1075 - | 1150 | 950 - | 1025 | | | | | 6 |
| | 1400 - | 1500 | 1175 - | 1250 | 1050 - | 1125 | | | | | 9 |
| | 1525 - | 1625 | 1275 - | 1375 | 1150 - | 1225 | | | | | 12 |
| | 1650 + | | 1400 + | | 1250 + | | | | | | 15 |
| 3/4 Hour | < 1625 | < 1625 | < 1375 | < 1375 | < 1225 | < 1225 | | | | | 3 |
| | 1650 - | 1800 | 1400 - | 1525 | 1250 - | 1350 | | | | | 6 |
| | 1825 - | 2000 | 1550 - | 1700 | 1375 - | 1500 | | | | | 9 |
| | 2025 - | 2175 | 1725 - | 1850 | 1525 - | 1650 | | | | | 12 |
| | 2200 - | 2375 | 1875 - | 2025 | 1675 - | 1800 | | | | | 15 |
| | 2400 + | | 2050 + | | 1825 + | | | | | | 20 |
| 1 Hour | < 2100 | < 2100 | < 1800 | < 1800 | < 1600 | < 1600 | | | | | 4 |
| | 2125 - | 2350 | 1825 - | 2000 | 1625 - | 1775 | | | | | 8 |
| | 2375 - | 2600 | 2025 - | 2225 | 1800 - | 1975 | | | | | 13 |
| | 2625 - | 2850 | 2250 - | 2450 | 2000 - | 2175 | | | | | 18 |
| | 2875 - | 3125 | 2475 - | 2675 | 2200 - | 2375 | | | | | 24 |
| | 3150 + | | 2700 + | | 2400 + | | | | | | 30 |

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 50 - 54 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|--|--|--|--|--|---|
| 400 m | < 6.50 7.37 8.24 9.11 9.58 | < 6.49 7.36 8.23 9.10 9.57 | < 8.06 9.02 9.59 10.55 11.51 | < 9.03 9.04 10.07 11.10 12.12 | < 9.32 9.33 10.39 11.44 12.50 | < 8.22 8.23 9.21 10.19 11.16 |
| 800 m | < 14.39 16.20 18.02 19.43 21.24 | < 14.38 16.19 18.01 19.42 21.23 | < 17.11 17.12 19.10 21.09 23.08 | < 19.12 19.13 21.26 23.38 25.50 | < 20.13 20.14 22.34 24.53 27.13 | < 18.34 18.35 20.44 22.51 25.00 |
| 1500 m | < 28.15 31.31 34.46 38.02 41.17 | < 28.14 31.30 34.45 38.01 41.16 | < 33.38 33.39 37.32 41.24 45.17 | < 37.36 37.37 41.59 46.19 50.42 | < 41.58 41.59 46.19 50.41 55.02 | < 20.43 20.44 22.51 25.00 27.08 |
| 1/2 Hour | 1125 1225 1325 1425 1550 | < 1100 1200 1300 1400 1525 | < 950 1025 1125 1225 1325 | < 850 875 950 1025 1100 | < 925 1000 1075 1175 | 15 12 9 6 4 |
| 3/4 Hour | < 1600 1775 1950 2125 2300 | < 1575 1750 1925 2100 2275 | < 1350 1500 1525 1650 1825 | < 1200 1225 1475 1500 1600 | + Denotes "equal to" or "greater than" or "less than" | 3 6 9 12 15 |
| 1 Hour | < 2050 2275 2525 2775 3025 3050 | < 1750 1950 1975 2150 2350 2575 | < 1550 1725 1925 2125 2325 2350 | < 1550 1725 1925 2125 2325 2350 | | 4 8 13 18 24 30 |

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 55 - 59 YEARS

| DISTANCE | FREESTYLE | | BACKSTROKE | | BREASTSTROKE | | BUTTERFLY | | IND. MEDLEY | | PTS. |
|----------|-----------|---------|------------|---------|--------------|---------|-----------|---------|-------------|---------|-------|
| | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | MEN | WOMEN | |
| 400 m | < 7.08 | < 7.08 | < 8.30 | < 8.30 | < 9.29 | < 9.29 | < 9.60 | < 9.60 | < 9.59 | < 9.47 | 10 |
| | 7.09 - | 7.57 | 8.31 - | 9.29 | 9.30 - | 10.35 | 11.41 | 11.09 - | 11.08 | 8.48 - | 9.48 |
| | 7.58 - | 8.47 | 9.30 - | 10.28 | 10.36 - | 11.41 | 12.46 | 12.19 - | 12.18 | 9.49 - | 10.49 |
| | 8.48 - | 9.36 | 10.29 - | 11.26 | 11.42 - | 12.46 | 13.27 | 13.28 - | 13.27 | 10.50 - | 11.49 |
| | 9.37 - | 10.25 | 11.27 - | 12.25 | 12.47 - | 13.52 | 14.36 | 14.37 - | 14.36 | 11.50 - | 12.50 |
| | 10.26 + | | 12.26 + | | 13.53 + | | 14.37 + | | 12.51 + | | 2 |
| | | | | | | | | | | | 1 |
| 800 m | < 15.19 | < 15.19 | < 18.00 | < 18.00 | < 20.08 | < 20.08 | < 22.27 | < 22.27 | < 21.10 | < 19.29 | 20 |
| | 15.20 - | 17.05 | 18.01 - | 20.05 | 20.09 - | 22.27 | 24.47 | 23.38 - | 23.37 | 19.30 - | 21.44 |
| | 17.06 - | 18.51 | 20.06 - | 22.10 | 22.28 - | 24.47 | 26.03 | 26.03 | 21.45 - | 23.59 | 16 |
| | 18.52 - | 20.37 | 22.11 - | 24.14 | 24.48 - | 27.06 | 28.30 | 28.30 | 24.00 - | 26.13 | 12 |
| | 20.38 - | 22.23 | 24.15 - | 26.19 | 27.07 - | 29.25 | 28.31 - | 28.31 | 26.14 - | 28.28 | 9 |
| | 22.24 + | | 26.20 + | | 29.26 + | | 30.57 + | | 28.29 + | | 6 |
| | | | | | | | | | | | 3 |
| 1500 m | < 29.35 | < 29.35 | < 35.15 | < 35.15 | < 39.19 | < 39.23 | | | | | 15 |
| | 29.36 - | 33.00 | 35.16 - | 39.19 | 39.24 - | 43.56 | | | | | 12 |
| | 33.01 - | 36.25 | 39.20 - | 43.23 | 43.57 - | 48.29 | | | | | 9 |
| | 36.26 - | 39.49 | 43.24 - | 47.27 | 48.30 - | 53.01 | | | | | 6 |
| | 39.50 - | 43.14 | 47.28 - | 51.31 | 53.02 - | 57.34 | | | | | 4 |
| | 43.15 + | | 51.32 + | | 57.35 + | | | | | | 2 |
| 1/2 Hour | < 1050 | < 1050 | < 900 | < 900 | < 800 | < 800 | | | | | 2 |
| | 1075 - | 1150 | 925 - | 975 | 825 - | 875 | | | | | 4 |
| | 1175 - | 1250 | 1000 - | 1075 | 900 - | 950 | | | | | 6 |
| | 1275 - | 1350 | 1100 - | 1175 | 975 - | 1025 | | | | | 9 |
| | 1375 - | 1475 | 1200 - | 1275 | 1050 - | 1125 | | | | | 12 |
| | 1500 + | | 1300 + | | 1150 + | | | | | | 15 |
| | | | | | | | | | | | 15 |
| 3/4 Hour | < 1500 | < 1500 | < 1275 | < 1275 | < 1150 | < 1150 | | | | | 3 |
| | 1525 - | 1650 | 1300 - | 1425 | 1175 - | 1275 | | | | | 6 |
| | 1675 - | 1825 | 1450 - | 1575 | 1300 - | 1400 | | | | | 9 |
| | 1850 - | 2000 | 1600 - | 1725 | 1425 - | 1525 | | | | | 12 |
| | 2025 - | 2175 | 1750 - | 1875 | 1550 - | 1675 | | | | | 15 |
| | 2200 + | | 1900 + | | 1700 + | | | | | | 20 |
| | | | | | | | | | | | 30 |
| 1 Hour | < 1950 | < 1950 | < 1650 | < 1650 | < 1500 | < 1500 | | | | | 4 |
| | 1975 - | 2175 | 1675 - | 1850 | 1525 - | 1675 | | | | | 8 |
| | 2200 - | 2400 | 1875 - | 2050 | 1700 - | 1850 | | | | | 13 |
| | 2425 - | 2625 | 2075 - | 2250 | 1875 - | 2025 | | | | | 18 |
| | 2650 - | 2875 | 2275 - | 2475 | 2050 - | 2225 | | | | | 24 |
| | 2900 + | | 2500 + | | 2250 + | | | | | | 30 |

< Denotes "equal to"
+ Denotes "greater than"
- Denotes "less than"

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 60 - 64 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|---|---|---|---|---|--------------------------------|
| 400 m | 7.31 < 7.30 8.23 - 8.22 9.15 - 9.14 10.06 - 10.05 10.58 + 10.57 | < 8.56 9.58 - 8.57 11.00 - 9.59 12.01 - 11.01 13.04 + 12.02 | < 9.58 11.07 - 9.59 12.16 - 11.08 13.25 - 12.17 14.35 + 12.02 | < 10.29 11.07 - 10.30 12.55 - 11.43 14.07 - 12.56 15.21 + 14.08 | < 9.14 10.18 - 9.15 11.22 - 10.19 12.25 - 11.23 13.29 + 12.26 | 10 8 6 4 1 |
| 800 m | 16.08 - 16.07 18.00 - 17.59 19.52 - 19.51 21.43 - 21.42 23.35 + 23.34 | < 18.55 21.06 - 18.56 23.34 - 21.07 25.28 - 23.18 27.40 + 25.29 | < 21.08 23.34 - 21.09 26.01 - 23.35 28.27 - 26.02 30.53 + 28.28 | < 22.14 24.48 - 22.15 27.22 - 24.49 29.55 - 27.23 32.29 + 29.56 | < 20.30 22.52 - 20.31 25.14 - 22.53 27.35 - 25.15 29.57 + 27.36 | 20 16 12 9 6 |
| 1500 m | 31.08 - 31.07 34.43 - 34.42 38.19 - 38.18 41.54 - 41.53 45.29 + 45.28 | < 37.03 41.20 - 37.04 45.36 - 41.21 49.53 - 45.37 54.09 + 49.54 | < 41.22 46.08 - 41.23 50.55 - 46.09 55.41 - 50.56 60.27 + 55.42 | < 41.22 46.08 - 41.23 50.55 - 46.09 55.41 - 50.56 60.27 + 55.42 | < 20.30 22.52 - 20.31 25.14 - 22.53 27.35 - 25.15 29.57 + 27.36 | 15 12 9 6 4 |
| 1/2 Hour | 1025 - 1000 1125 - 1100 1225 - 1200 1325 - 1300 1450 + 1425 | < 850 925 - 875 1025 - 950 1125 - 1050 1225 - 1150 | < 800 850 - 825 925 - 875 1000 - 950 1075 + 1025 | < 800 850 - 825 925 - 875 1000 - 950 1075 + 1025 | < 20.30 22.52 - 20.31 25.14 - 22.53 27.35 - 25.15 29.57 + 27.36 | 2 4 6 9 12 |
| 3/4 Hour | < 1425 1575 - 1575 1750 - 1750 1900 - 1900 2075 - 2075 2100 + 2100 | < 1200 1325 - 1225 1475 - 1350 1625 - 1500 1775 - 1650 1800 + 1775 | < 1100 1200 - 1125 1325 - 1225 1450 - 1350 1575 - 1475 1600 + 1575 | + Denotes "equal to" or Denotes "greater than" or Denotes "less than" | "greater than" "equal to" "less than" | 3 6 9 12 15 20 |
| 1 Hour | < 1850 2050 - 2050 2275 - 2275 2500 - 2500 2725 - 2725 2750 + 2750 | < 1550 1725 - 1575 1925 - 1750 2125 - 1950 2325 - 2150 2350 + 2350 | < 1400 1550 - 1425 1725 - 1575 1900 - 1750 2075 - 1925 2100 + 1925 | | | 4 8 13 18 24 30 |

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN . 65 - 69 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | | IND. MEDLEY | PTS. |
|----------|---------------|---------------|---------------|--------------------------|---------------|-------------|------|
| | | | | < | < | | |
| 400 m | < 7.57 | < 9.28 | < 10.34 | < 11.08 | < 9.46 | 10 | |
| | 7.58 - 8.52 | 9.29 - 10.34 | 10.35 - 11.47 | 11.09 - 12.25 | 9.47 - 10.54 | 8 | |
| | 8.53 - 9.47 | 10.35 - 11.39 | 11.48 - 13.01 | 12.26 - 13.43 | 10.55 - 12.02 | 6 | |
| | 9.48 - 10.42 | 11.40 - 12.45 | 13.02 - 14.14 | 13.44 - 14.60 | 12.03 - 13.09 | 4 | |
| | 10.43 - 11.37 | 12.46 - 13.50 | 14.15 - 15.27 | 14.61 - 16.17 | 13.10 - 14.17 | 2 | |
| | 11.38 + | 13.51 + | 15.28 + | 16.18 + | 14.18 + | 1 | |
| 800 m | < 17.06 | < 20.04 | < 22.26 | < 23.37 | < 21.41 | 20 | |
| | 17.07 - 19.04 | 20.05 - 22.23 | 22.27 - 25.01 | 23.38 - 26.21 | 21.42 - 24.11 | 16 | |
| | 19.05 - 21.03 | 22.24 - 24.42 | 25.02 - 27.37 | 26.22 - 29.04 | 24.12 - 26.42 | 12 | |
| | 21.04 - 23.01 | 24.43 - 27.00 | 27.38 - 30.12 | 29.05 - 31.48 | 26.43 - 29.12 | 9 | |
| | 23.02 - 24.59 | 27.01 - 29.19 | 30.13 - 32.47 | 31.49 - 34.31 | 29.13 - 31.42 | 6 | |
| | 25.00 + | 29.20 + | 32.48 + | 34.32 + | 31.43 + | 3 | |
| 1500 m | < 33.00 | < 39.18 | < 43.53 | | | .15 | |
| | 33.01 - 36.49 | 39.19 - 43.50 | 43.54 - 48.57 | | | | |
| | 36.50 - 40.37 | 43.51 - 48.23 | 48.58 - 54.01 | | | | |
| | 40.38 - 44.26 | 48.24 - 52.55 | 54.02 - 59.04 | | | | |
| | 44.27 - 48.14 | 52.56 - 57.27 | 59.05 - 64.08 | | | | |
| | 48.15 + | 57.28 + | 64.09 + | | | | |
| 1/2 Hour | < 950 | < 800 | < 750 | | | 2 | |
| | 975 - 1050 | 825 - 875 | 775 - 800 | | | 4 | |
| | 1075 - 1150 | 900 - 950 | 825 - 875 | | | 6 | |
| | 1175 - 1250 | 975 - 1025 | 900 - 950 | < Denotes "equal to" | | 9 | |
| | 1275 - 1375 | 1050 - 1125 | 975 - 1025 | or "less than" | | 12 | |
| | 1400 + | 1150 + | 1050 + | | | 15 | |
| 3/4 Hour | < 1350 | < 1150 | < 1050 | + Denotes "greater than" | | 3 | |
| | 1375 - 1500 | 1175 - 1275 | 1075 - 1150 | or "equal to" | | 6 | |
| | 1525 - 1650 | 1300 - 1400 | 1175 - 1275 | "greater than" | | 9 | |
| | 1675 - 1800 | 1425 - 1525 | 1300 - 1375 | | | 12 | |
| | 1825 - 1975 | 1550 - 1675 | 1400 - 1500 | | | 15 | |
| | 2000 + | 1700 + | 1525 + | | | 20 | |
| 1 Hour | < 1750 | < 1500 | < 1350 | | | 4 | |
| | 1775 - 1950 | 1525 - 1675 | 1375 - 1500 | | | 8 | |
| | 1975 - 2150 | 1700 - 1850 | 1525 - 1650 | | | 13 | |
| | 2175 - 2350 | 1875 - 2025 | 1675 - 1800 | | | 18 | |
| | 2375 - 2575 | 2050 - 2225 | 1825 - 1975 | | | 24 | |
| | 2600 + | 2250 + | 2000 + | | | 30 | |

NATIONAL AEROBIC TROPHY POINTSCORE : MEN 70 - 74 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|-----------------|------------|---------------|---------------|--|---------------|
| 400 m | | | | | | |
| | < 8.29 - 9.27 | < 8.28 | < 10.05 | < 11.16 | < 11.51 | < 10.25 |
| | 9.28 - 10.26 | 9.27 | 10.06 - 11.15 | 11.17 - 12.34 | 11.52 - 13.13 | 10.26 - 11.37 |
| | 10.27 - 11.24 | 10.26 | 11.16 - 12.25 | 12.35 - 13.52 | 13.14 - 14.35 | 11.38 - 12.50 |
| | 11.25 - 12.23 | 11.24 | 12.26 - 13.34 | 13.53 - 15.10 | 14.36 - 15.57 | 12.51 - 14.02 |
| | 12.24 + | 12.23 | 13.35 - 14.44 | 15.11 - 16.28 | 15.58 - 17.19 | 14.03 - 15.14 |
| 800 m | | | | | | |
| | < 18.14 - 20.19 | < 18.13 | < 21.22 | < 23.53 | < 25.08 | < 23.08 |
| | 20.20 - 22.26 | 20.19 | 21.23 - 23.50 | 23.54 - 26.38 | 25.09 - 28.02 | 23.09 - 25.48 |
| | 22.27 - 24.32 | 22.26 | 23.51 - 26.18 | 26.39 - 29.24 | 28.03 - 30.56 | 25.49 - 28.29 |
| | 24.33 - 26.38 | 24.32 | 26.19 - 28.45 | 29.25 - 32.09 | 30.57 - 33.50 | 28.30 - 31.09 |
| | 26.39 + | 26.38 | 28.46 - 31.13 | 32.10 - 34.54 | 33.51 - 36.44 | 31.10 - 33.49 |
| 1500 m | | | | | | |
| | < 34.55 - 39.02 | < 34.54 | < 41.49 | < 46.45 | < 52.09 | < 23.08 |
| | 39.03 - 43.09 | 39.02 | 41.50 - 46.39 | 46.46 - 52.09 | 52.10 - 57.33 | 25.49 - 28.29 |
| | 43.10 - 47.17 | 43.09 | 46.40 - 51.28 | 51.29 - 56.18 | 57.34 - 62.56 | 30.57 - 33.50 |
| | 47.18 - 51.24 | 47.17 | 51.29 - 61.07 | 62.57 - 68.20 | 68.21 + | 31.10 - 33.49 |
| | 51.25 + | 51.24 | 61.08 + | | | |
| 1/2 Hour | | | | | | |
| | < 925 - 975 | < 900 | < 800 | < 700 | < 700 | < 700 |
| | 1000 - 1075 | 975 | 825 - 850 | 725 - 750 | 750 - 825 | 750 - 825 |
| | 1100 - 1175 | 1075 | 875 - 925 | 775 - 825 | 825 - 900 | 825 - 900 |
| | 1200 - 1275 | 1175 | 950 - 1000 | 850 - 900 | 900 - 975 | 900 - 975 |
| | 1300 + | 1275 | 1025 - 1075 | 925 - 1000 | 1000 + | 1000 + |
| 3/4 Hour | | | | | | |
| | < 1300 - 1425 | < 1275 | < 1100 | < 975 | + Denotes "equal to" or "greater than" | 3 |
| | 1450 - 1575 | 1425 | 1125 - 1200 | 1000 - 1075 | "less than" or "greater than" | 6 |
| | 1600 - 1725 | 1575 | 1225 - 1325 | 1100 - 1200 | | 9 |
| | 1750 - 1875 | 1725 | 1350 - 1450 | 1225 - 1300 | | 12 |
| | 1900 + | 1875 | 1475 - 1575 | 1325 - 1425 | | 15 |
| | | | 1600 + | 1450 + | | 20 |
| 1 Hour | | | | | | |
| | < 1675 - 1850 | < 1650 | < 1400 | < 1250 | < 1250 | < 1250 |
| | 1875 - 2050 | 1850 | 1425 - 1550 | 1275 - 1400 | 1400 - 1550 | 1400 - 1550 |
| | 2075 - 2250 | 2050 | 1575 - 1725 | 1425 - 1550 | 1550 - 1700 | 1550 - 1700 |
| | 2275 - 2475 | 2250 | 1750 - 1900 | 1575 - 1700 | 1700 - 1875 | 1700 - 1875 |
| | 2500 + | 2475 | 1925 - 2075 | 1725 - 1900 | 1900 + | 1900 + |

< Denotes "less than"
+ Denotes "equal to"
or "greater than"

"less than"
"greater than"

NATIONAL AEROBIC TROPHY POINTSCORE :

MEN 75 - 79 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | | IND. MEDLEY | PTS. |
|----------|-----------------|---------------|---------------|--------------------------|--------------------|-------------|------|
| | | | | < | 10.45 | | |
| 400 m | 9.04 < 10.05 | 10.46 < 11.59 | 12.03 < 13.25 | 12.40 < 14.07 | 11.08 < 12.24 | 11.07 | 10 |
| | 10.06 < 11.08 | 12.00 < 13.13 | 13.26 < 14.49 | 14.08 < 15.35 | 12.25 < 13.41 | 12 | 8 |
| | 11.09 < 12.10 | 13.14 < 14.28 | 14.50 < 16.12 | 15.36 < 17.02 | 13.42 < 14.58 | 14 | 6 |
| | 12.11 < 13.12 | 14.29 < 15.42 | 16.13 < 17.35 | 17.03 < 18.30 | 14.59 < 16.15 | 15 | 4 |
| | 13.13 + 15.43 + | 17.36 + | 18.31 + | 16.16 + | | | 2 |
| 800 m | 19.27 < 21.41 | 22.49 < 25.26 | 25.31 < 28.27 | 26.50 < 29.55 | 24.42 < 27.32 | 20 | 20 |
| | 21.42 < 23.55 | 25.27 < 28.04 | 28.28 < 31.23 | 29.56 < 33.01 | 27.33 < 30.23 | 16 | 16 |
| | 23.56 < 26.10 | 28.05 < 30.41 | 31.24 < 34.20 | 33.02 < 36.06 | 30.24 < 33.13 | 12 | 12 |
| | 26.11 < 28.24 | 30.42 < 33.19 | 34.21 < 37.16 | 36.07 < 39.12 | 33.14 < 36.04 | 9 | 9 |
| | 28.25 + 33.20 + | 33.20 + | 37.17 + | 39.13 + | 36.05 + | 6 | 6 |
| 1500 m | 36.57 < 41.24 | 44.36 < 49.44 | 49.55 < 49.54 | | | 15 | 15 |
| | 41.25 < 45.53 | 49.45 < 54.53 | 55.41 < 55.40 | | | 12 | 12 |
| | 45.54 < 50.21 | 54.54 < 60.01 | 61.25 < 61.25 | | | 9 | 9 |
| | 50.22 < 54.49 | 60.02 < 65.10 | 67.11 < 67.11 | | | 6 | 6 |
| | 54.50 + 65.11 + | 65.11 + | 72.57 + | | | 4 | 4 |
| 1/2 Hour | < 800 | < 750 | < 650 | | | 2 | 2 |
| | 825 < 900 | 775 < 800 | 675 < 700 | | | 4 | 4 |
| | 925 < 1000 | 825 < 875 | 725 < 750 | | | 6 | 6 |
| | 1025 < 1100 | 900 < 950 | 775 < 800 | < | Denotes "equal to" | 9 | 9 |
| | 1125 < 1225 | 975 < 1025 | 825 < 875 | | "less than" | 12 | 12 |
| | 1250 + 1050 + | 1050 + | 900 + | | | 15 | 15 |
| 3/4 Hour | < 1175 | < 1050 | < 900 | + Denotes "greater than" | "equal to" | 3 | 3 |
| | 1200 < 1325 | 1075 < 1150 | 925 < 1000 | | | 6 | 6 |
| | 1350 < 1475 | 1175 < 1275 | 1025 < 1100 | | | 9 | 9 |
| | 1500 < 1625 | 1300 < 1375 | 1125 < 1200 | | | 12 | 12 |
| | 1650 < 1775 | 1400 < 1500 | 1225 < 1300 | | | 15 | 15 |
| | 1800 + 1525 + | 1525 + | 1325 + | | | 20 | 20 |
| 1 Hour | < 1550 | < 1350 | < 1150 | | | 4 | 4 |
| | 1575 < 1725 | 1375 < 1500 | 1175 < 1275 | | | 8 | 8 |
| | 1750 < 1925 | 1525 < 1650 | 1300 < 1425 | | | 13 | 13 |
| | 1950 < 2125 | 1675 < 1800 | 1450 < 1575 | | | 18 | 18 |
| | 2150 < 2325 | 1825 < 1975 | 1600 < 1725 | | | 24 | 24 |
| | 2350 + 2000 + | 2000 + | 1750 + | | | 30 | 30 |

NATIONAL AEROBIC TROPHY POINTSCORE : MEN 80 - 84 YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|--|--|---|---|---|--------------------------------|
| 400 m | 9.38 < 9.37 10.45 - 10.44 11.52 - 11.51 12.58 - 12.57 14.05 + 14.04 | 11.27 < 11.26 12.46 - 12.45 14.06 - 14.05 15.25 - 15.24 16.44 + 16.43 | 12.49 < 12.48 14.18 - 14.17 15.47 - 15.46 17.15 - 17.14 18.44 + 18.43 | < 13.29 15.02 - 15.00 16.36 - 16.34 18.09 - 18.07 19.43 + 19.42 | < 11.50 13.12 - 13.10 14.34 - 14.32 15.55 - 15.53 17.17 + 17.15 | 10 8 6 4 2 |
| 800 m | 20.42 - 20.41 23.06 - 23.05 25.29 - 25.28 27.53 - 27.52 30.16 + 30.15 | 24.16 < 24.15 27.04 - 27.03 29.52 - 29.51 32.39 - 32.38 35.27 + 35.26 | 27.10 < 27.09 30.18 - 30.17 33.25 - 33.24 36.34 - 36.33 39.42 + 39.41 | < 28.35 31.53 - 31.52 35.11 - 35.10 38.28 - 38.27 41.47 + 41.46 | < 26.16 29.18 - 29.17 32.20 - 32.19 35.21 - 35.20 38.23 + 38.22 | 20 16 12 9 6 |
| 1500 m | 39.02 - 39.01 43.52 - 43.51 48.43 - 48.42 53.33 - 53.32 58.23 + 58.22 | 47.29 < 47.28 52.57 - 52.56 58.26 - 58.25 63.54 - 63.53 69.23 + 69.22 | 53.10 < 53.09 59.17 - 59.16 65.25 - 65.24 71.33 - 71.32 77.42 + 77.41 | < 59.17 65.25 - 65.24 71.33 - 71.32 77.42 + 77.41 | < 26.16 29.18 - 29.17 32.20 - 32.19 35.21 - 35.20 38.23 + 38.22 | 15 12 9 6 4 |
| 1/2 Hour | 825 - 800 900 - 975 1000 - 1075 1100 - 1175 1200 + 950 | < 700 < 700 725 - 750 775 - 800 825 - 850 875 - 925 | < 650 < 650 675 - 675 725 - 725 775 - 775 825 - 825 | < 650 < 650 675 - 675 725 - 725 775 - 775 825 - 825 | < 26.16 29.18 - 29.17 32.20 - 32.19 35.21 - 35.20 38.23 + 38.22 | 2 4 6 9 12 |
| 3/4 Hour | < 1125 < 1125 1150 - 1250 1275 - 1400 1425 - 1525 1550 - 1675 1700 + 1400 | < 975 < 975 1000 - 1075 1100 - 1175 1200 - 1275 1300 - 1375 1400 + 1250 | < 875 < 875 900 - 950 975 - 1050 1075 - 1125 1150 - 1225 1250 + 1225 | + Denotes "equal to" or or "greater than" "less than" | "equal to" "greater than" "less than" | 3 6 9 12 15 |
| 1 Hour | < 1450 < 1250 1475 - 1625 1650 - 1800 1825 - 1975 2000 - 2175 2200 + 1850 | < 1250 < 1100 1275 - 1375 1400 - 1525 1550 - 1675 1700 - 1825 1850 + 1650 | < 1100 < 1100 1125 - 1225 1250 - 1350 1375 - 1475 1500 - 1625 | | | 4 8 13 18 24 30 |

| NATIONAL AEROBIC TROPHY POINTSCORE : | | MEN | | 85 - 89 YEARS | |
|--------------------------------------|---------------|---------------|---------------|----------------------|---------------------------|
| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY |
| 400 m | < 10.34 | < 12.34 | < 14.04 | < 14.50 | < 13.01 |
| | 10.35 - 11.48 | 12.35 - 14.01 | 14.05 - 15.42 | 14.51 - 16.33 | 13.02 - 14.31 |
| | 11.49 - 13.01 | 14.02 - 15.29 | 15.43 - 17.20 | 16.34 - 18.15 | 14.32 - 16.01 |
| | 13.02 - 14.15 | 15.30 - 16.56 | 17.21 - 18.57 | 18.16 - 19.58 | 16.02 - 17.30 |
| | 14.16 - 15.28 | 16.57 - 18.23 | 18.58 - 20.35 | 19.59 - 21.40 | 17.31 - 19.00 |
| | 15.29 + | 18.24 + | 20.36 + | 21.41 + | 19.01 + |
| 800 m | < 22.45 | < 26.40 | < 29.52 | < 31.26 | < 28.53 |
| | 22.46 - 25.23 | 26.41 - 29.45 | 29.53 - 33.19 | 31.27 - 35.04 | 28.54 - 32.13 |
| | 25.24 - 28.01 | 29.46 - 32.49 | 33.20 - 36.46 | 35.05 - 38.41 | 32.14 - 35.33 |
| | 28.02 - 30.38 | 32.50 - 35.54 | 36.47 - 40.12 | 38.42 - 42.19 | 35.34 - 38.53 |
| | 30.39 - 33.16 | 35.55 - 38.58 | 40.13 - 43.39 | 42.20 - 45.56 | 38.54 - 42.13 |
| | 33.17 + | 38.59 + | 43.40 + | 45.57 + | 42.14 + |
| 1500 m | < 42.55 | < 52.12 | < 58.28 | | |
| | 42.56 - 48.14 | 52.13 - 58.14 | 58.29 - 65.13 | | |
| | 48.15 - 53.34 | 58.15 - 64.16 | 65.14 - 71.58 | | |
| | 53.34 - 58.53 | 64.17 - 70.17 | 71.59 - 78.42 | | |
| | 58.54 - 64.12 | 70.18 - 76.19 | 78.43 - 85.27 | | |
| | 64.13 + | 76.20 + | 85.28 + | | |
| 1/2 Hour | < 750 | < 650 | < 550 | | |
| | 775 - 800 | 675 - 700 | 575 - 600 | | |
| | 825 - 875 | 725 - 750 | 625 - 650 | | |
| | 900 - 950 | 775 - 800 | 675 - 700 | < Denotes "equal to" | Denotes "greater than" |
| | 975 - 1025 | 825 - 875 | 725 - 775 | or "less than" | "equal to" or "less than" |
| | 1050 + | 900 + | 800 + | | |
| 3/4 Hour | < 1025 | < 900 | < 775 | + Denotes "equal to" | "greater than" |
| | 1050 - 1125 | 925 - 975 | 800 - 850 | Denotes "equal to" | "greater than" |
| | 1150 - 1250 | 1000 - 1075 | 875 - 950 | or "less than" | "greater than" |
| | 1275 - 1375 | 1100 - 1175 | 975 - 1025 | | |
| | 1400 - 1500 | 1200 - 1275 | 1050 - 1125 | | |
| | 1525 + | 1300 + | 1150 + | | |
| 1 Hour | < 1300 | < 1150 | < 1000 | | |
| | 1325 - 1450 | 1175 - 1275 | 1025 - 1100 | | |
| | 1475 - 1625 | 1300 - 1400 | 1125 - 1225 | | |
| | 1650 - 1800 | 1425 - 1525 | 1250 - 1350 | | |
| | 1825 - 1975 | 1550 - 1675 | 1375 - 1475 | | |
| | 2000 + | 1700 + | 1500 + | | |

NATIONAL AEROBIC TROPHY POINTSCORE : MEN 90 + YEARS

| DISTANCE | FREESTYLE | BACKSTROKE | BREASTSTROKE | BUTTERFLY | IND. MEDLEY | PTS. |
|----------|-----------------|---------------|---------------|---------------|---------------|------|
| 400 m | | | | | | |
| | 11.38 - < 11.37 | < 12.58 | < 13.49 | < 15.28 | < 16.19 | 10 |
| | 12.59 - 14.19 | 15.26 - 17.01 | 15.29 - 17.16 | 16.20 - 18.12 | 14.20 - 15.58 | 8 |
| | 14.20 - 15.40 | 17.02 - 18.37 | 17.17 - 19.03 | 18.13 - 20.05 | 15.59 - 17.37 | 6 |
| | 15.41 - 17.01 | 18.38 - 20.13 | 19.04 - 20.51 | 20.06 - 21.57 | 17.38 - 19.15 | 4 |
| | 17.02 + 20.14 | + 20.14 | + 22.39 | + 23.51 | + 20.55 | 2 |
| 800 m | | | | | | |
| | < 25.01 | < 29.20 | < 32.51 | < 34.34 | < 31.46 | 20 |
| | 25.02 - 27.55 | 29.21 - 32.43 | 32.52 - 36.39 | 34.35 - 38.33 | 31.47 - 35.26 | 16 |
| | 27.56 - 30.48 | 32.44 - 36.06 | 36.40 - 40.26 | 38.34 - 42.33 | 35.27 - 39.06 | 12 |
| | 30.49 - 33.42 | 36.07 - 39.29 | 40.27 - 44.14 | 42.34 - 46.32 | 39.07 - 42.46 | 9 |
| | 33.43 - 36.35 | 39.30 - 42.52 | 44.15 - 48.01 | 46.33 - 50.31 | 42.47 - 46.26 | 6 |
| | 36.36 + 42.53 | + 42.53 | + 48.02 | + 50.32 | + 46.27 | 3 |
| 1500 m | | | | | | |
| | < 47.12 | < 57.25 | < 64.18 | | | |
| | 47.13 - 53.03 | 57.26 - 64.03 | 64.19 - 71.43 | | | |
| | 53.04 - 58.55 | 64.04 - 70.41 | 71.44 - 79.09 | | | |
| | 58.55 - 64.46 | 70.42 - 77.19 | 79.10 - 86.34 | | | |
| | 64.47 - 70.37 | 77.20 - 83.57 | 86.35 - 93.59 | | | |
| | 70.38 + 83.58 | + 83.58 | + 94.00 | | | |
| 1/2 Hour | | | | | | |
| | < 700 | < 600 | < 500 | | | |
| | 725 - 750 | 625 - 625 | 525 - 525 | | | |
| | 775 - 825 | 650 - 675 | 550 - 575 | | | |
| | 850 - 900 | 700 - 725 | 600 - 625 | | | |
| | 925 - 975 | 750 - 775 | 650 - 675 | | | |
| | 1000 + 800 | + 700 | + 700 | | | |
| 3/4 Hour | | | | | | |
| | < 950 | < 825 | < 700 | | | |
| | 975 - 1050 | 850 - 900 | 725 - 775 | | | |
| | 1075 - 1150 | 925 - 975 | 800 - 850 | | | |
| | 1175 - 1250 | 1000 - 1050 | 875 - 925 | | | |
| | 1275 - 1375 | 1075 - 1150 | 950 - 1000 | | | |
| | 1400 + 1175 | + 1025 | + 1025 | | | |
| 1 Hour | | | | | | |
| | < 1200 | < 1050 | < 900 | | | |
| | 1225 - 1325 | 1075 - 1150 | 925 - 1000 | | | |
| | 1350 - 1475 | 1175 - 1275 | 1025 - 1100 | | | |
| | 1500 - 1625 | 1300 - 1400 | 1125 - 1200 | | | |
| | 1650 - 1775 | 1425 - 1525 | 1225 - 1325 | | | |
| | 1550 + 1350 | + 1525 | + 1350 | | | |

+ Denotes "equal to"
or
"greater than".
- Denotes "less than".

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 | 5 |
|-----------------------|---|---|---|---|---|
| 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 |
|---|--|-----------|

1½ HOUR SWIM

Award Year

| | | | |
|---------|---------------------|---------------|--------------------------|
| SURNAME | FIRST NAME | DATE OF BIRTH | MALE or FEMALE |
| CLUB | REGISTRATION NUMBER | | AEROBIC TROPHY POINTS |

RECORD THE CUMULATIVE TIME FOR EACH 100 metres

| DATE OF SWIM | POOL LENGTH |
|-------------------------------|---------------------|
| 100m | 1600m |
| 200m | 1700m |
| 300m | 1800m |
| 400m | 1900m |
| 500m | 2000m |
| 600m | 2100m |
| 700m | 2200m |
| 800m | 2300m |
| 900m | 2400m |
| 1000m | 2500m |
| 1100m | 2600m |
| 1200m | 2700m |
| 1300m | 2800m |
| 1400m | 2900m |
| 1500m | TIMEKEEPER'S NAME |
| NATIONAL AEROBIC TROPHY | SWIM STYLE |
| | TOTAL DISTANCE SWUM |
| AGE GROUP | POINTS |

SIGNATURE - CLUB RECORDER

CHECKED - BRANCH RECORDER

3/4 HOUR SWIM

| | | | | Award Year |
|--|------------|---------------------|---------------|---------------------------|
| SURNAME | | FIRST NAME | DATE OF BIRTH | MALE OR FEMALE |
| CLUB | | REGISTRATION NUMBER | | AEROBIC TROPHY POINTS |
| 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 | | |
| 800m | | 2500m | | |
| 900m | | 2600m | | |
| 1000m | | 2700m | | |
| 1100m | | 2800m | | |
| 1200m | | 2900m | | |
| 1300m | | 3000m | | |
| 1400m | | 3100m | | |
| 1500m | | 3200m | | |
| 1600m | | 3300m | | |
| 1700m | | 3400m | | TIMEKEEPER'S NAME |
| NATIONAL AEROBIC TROPHY | SWIM STYLE | TOTAL DISTANCE SWUM | | SIGNATURE - CLUB RECORDER |
| | AGE GROUP | POINTS | | CHECKED - BRANCH RECORDER |

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 |
|----------------------------|--------------------|-------------------|

NOTE: AWARD ONLY.

3000 metres

NO POINTS FOR
AEROBIC TROPHY.

Award Year

| | | | |
|---------|---------------------|---------------|-------------------------|
| SURNAME | FIRST NAME | DATE OF BIRTH | MALE OR FEMALE |
| CLUB | REGISTRATION NUMBER | | NATIONAL AWARD BADGE |

RECORD THE CUMULATIVE TIME FOR EACH 100 metres

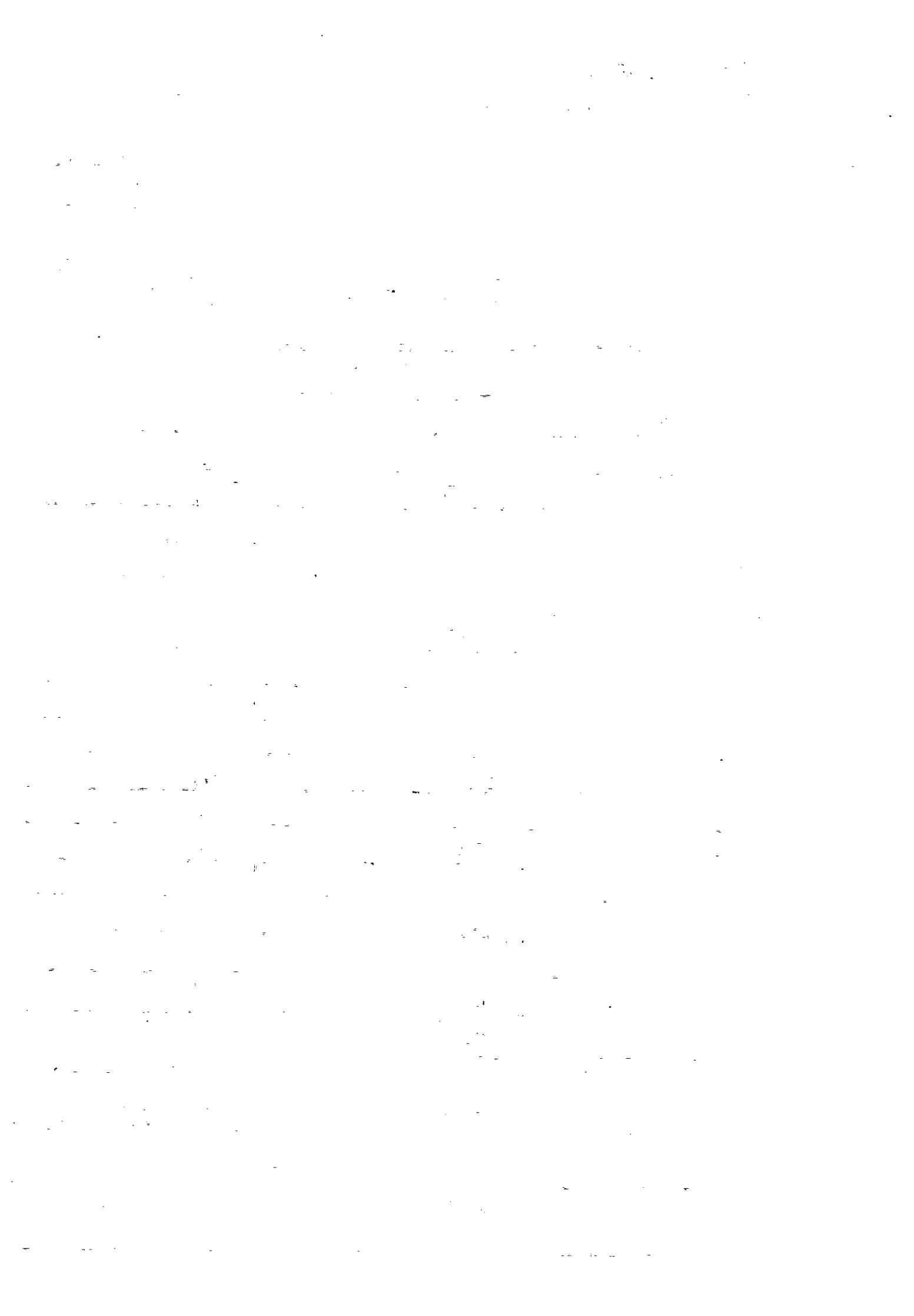
| | |
|--------------|-------------|
| DATE OF SWIM | POOL LENGTH |
|--------------|-------------|

| | | | | | |
|-------|--|-------|--|-------|--|
| 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

| | | |
|--|------------|---------------------------|
| | SWIM STYLE | SIGNATURE - CLUB RECORDER |
| | AGE GROUP | CHECKED - BRANCH RECORDER |

| | | |
|----------------------------|--------------------|-------------------|
| NATIONAL AWARD BADGE | BADGE FEE RECEIVED | DATE BADGE ISSUED |
|----------------------------|--------------------|-------------------|



AEROBIC SWIMS RECORD SHEET

NAME _____

Name: _____

AEROBIC TROPHY SWIMS

Personal Record Sheet



Record time taken for each swim as completed.
Complete as many swims as possible and add
variety to your training while gaining points
for your club towards the Aerobic Trophy.

NATIONAL AEROBIC TROPHY POINTS SUMMARY

CLUB

YEAR

(BLUE FORM — MALES)

NATIONAL AEROBIC TROPHY POINTS SUMMARY