



POINTS TABLE

			17-23 yrs				14-16 yrs			
			MALE		FEMALE		MEN		WOMEN	
			Swim	Run	Swim	Run	Swim	Run	Swim	Run
Percent	calc.	Points	400m	3000m	400m	3000m	200m	1500m	200m	1500m
Pace			00:00:55	00:02:28	00:01:00	00:02:47	00:00:55	00:02:28	00:01:00	00:02:47
100%	100	100	00:03:40	00:07:25	00:04:00	00:08:21	00:01:50	00:03:43	00:02:00	00:04:11
101%	101	99	00:03:42	00:07:29	00:04:02	00:08:26	00:01:51	00:03:45	00:02:01	00:04:13
102%	102	98	00:03:44	00:07:34	00:04:05	00:08:31	00:01:52	00:03:47	00:02:02	00:04:16
103%	103	97	00:03:47	00:07:38	00:04:07	00:08:36	00:01:53	00:03:49	00:02:04	00:04:18
104%	104	96	00:03:49	00:07:43	00:04:10	00:08:41	00:01:54	00:03:51	00:02:05	00:04:21
105%	105	95	00:03:51	00:07:47	00:04:12	00:08:46	00:01:56	00:03:54	00:02:06	00:04:23
106%	106	94	00:03:53	00:07:52	00:04:14	00:08:51	00:01:57	00:03:56	00:02:07	00:04:26
107%	107	93	00:03:55	00:07:56	00:04:17	00:08:56	00:01:58	00:03:58	00:02:08	00:04:28
108%	108	92	00:03:58	00:08:01	00:04:19	00:09:01	00:01:59	00:04:00	00:02:10	00:04:31
109%	109	91	00:04:00	00:08:05	00:04:22	00:09:06	00:02:00	00:04:03	00:02:11	00:04:33
110%	110	90	00:04:02	00:08:10	00:04:24	00:09:11	00:02:01	00:04:05	00:02:12	00:04:36
111%	111	89	00:04:04	00:08:14	00:04:26	00:09:16	00:02:02	00:04:07	00:02:13	00:04:38
112%	112	88	00:04:06	00:08:18	00:04:29	00:09:21	00:02:03	00:04:09	00:02:14	00:04:41
113%	113	87	00:04:09	00:08:23	00:04:31	00:09:26	00:02:04	00:04:11	00:02:16	00:04:43
114%	114	86	00:04:11	00:08:27	00:04:34	00:09:31	00:02:05	00:04:14	00:02:17	00:04:46
115%	115	85	00:04:13	00:08:32	00:04:36	00:09:36	00:02:06	00:04:16	00:02:18	00:04:48
116%	116	84	00:04:15	00:08:36	00:04:38	00:09:41	00:02:08	00:04:18	00:02:19	00:04:51
117%	117	83	00:04:17	00:08:41	00:04:41	00:09:46	00:02:09	00:04:20	00:02:20	00:04:53
118%	118	82	00:04:20	00:08:45	00:04:43	00:09:51	00:02:10	00:04:23	00:02:22	00:04:56
119%	119	81	00:04:22	00:08:50	00:04:46	00:09:56	00:02:11	00:04:25	00:02:23	00:04:58
120%	120	80	00:04:24	00:08:54	00:04:48	00:10:01	00:02:12	00:04:27	00:02:24	00:05:01
121%	121	79	00:04:26	00:08:58	00:04:50	00:10:06	00:02:13	00:04:29	00:02:25	00:05:03
122%	122	78	00:04:28	00:09:03	00:04:53	00:10:11	00:02:14	00:04:31	00:02:26	00:05:06
123%	123	77	00:04:31	00:09:07	00:04:55	00:10:16	00:02:15	00:04:34	00:02:28	00:05:08
124%	124	76	00:04:33	00:09:12	00:04:58	00:10:21	00:02:16	00:04:36	00:02:29	00:05:11

125%	125	75	00:04:35	00:09:16	00:05:00	00:10:26	00:02:17	00:04:38	00:02:30	00:05:13
126%	126	74	00:04:37	00:09:21	00:05:02	00:10:31	00:02:19	00:04:40	00:02:31	00:05:16
127%	127	73	00:04:39	00:09:25	00:05:05	00:10:36	00:02:20	00:04:43	00:02:32	00:05:18
128%	128	72	00:04:42	00:09:30	00:05:07	00:10:41	00:02:21	00:04:45	00:02:34	00:05:21
129%	129	71	00:04:44	00:09:34	00:05:10	00:10:46	00:02:22	00:04:47	00:02:35	00:05:23
130%	130	70	00:04:46	00:09:39	00:05:12	00:10:51	00:02:23	00:04:49	00:02:36	00:05:26
131%	131	69	00:04:48	00:09:43	00:05:14	00:10:56	00:02:24	00:04:51	00:02:37	00:05:28
132%	132	68	00:04:50	00:09:47	00:05:17	00:11:01	00:02:25	00:04:54	00:02:38	00:05:31
133%	133	67	00:04:53	00:09:52	00:05:19	00:11:06	00:02:26	00:04:56	00:02:40	00:05:33
134%	134	66	00:04:55	00:09:56	00:05:22	00:11:11	00:02:27	00:04:58	00:02:41	00:05:36
135%	135	65	00:04:57	00:10:01	00:05:24	00:11:16	00:02:29	00:05:00	00:02:42	00:05:38
136%	136	64	00:04:59	00:10:05	00:05:26	00:11:21	00:02:30	00:05:03	00:02:43	00:05:41
137%	137	63	00:05:01	00:10:10	00:05:29	00:11:26	00:02:31	00:05:05	00:02:44	00:05:43
138%	138	62	00:05:04	00:10:14	00:05:31	00:11:31	00:02:32	00:05:07	00:02:46	00:05:46
139%	139	61	00:05:06	00:10:19	00:05:34	00:11:36	00:02:33	00:05:09	00:02:47	00:05:48
140%	140	60	00:05:08	00:10:23	00:05:36	00:11:41	00:02:34	00:05:12	00:02:48	00:05:51
141%	141	59	00:05:10	00:10:27	00:05:38	00:11:46	00:02:35	00:05:14	00:02:49	00:05:53
142%	142	58	00:05:12	00:10:32	00:05:41	00:11:51	00:02:36	00:05:16	00:02:50	00:05:56
143%	143	57	00:05:15	00:10:36	00:05:43	00:11:56	00:02:37	00:05:18	00:02:52	00:05:58
144%	144	56	00:05:17	00:10:41	00:05:46	00:12:01	00:02:38	00:05:20	00:02:53	00:06:01
145%	145	55	00:05:19	00:10:45	00:05:48	00:12:06	00:02:39	00:05:23	00:02:54	00:06:03
146%	146	54	00:05:21	00:10:50	00:05:50	00:12:11	00:02:41	00:05:25	00:02:55	00:06:06
147%	147	53	00:05:23	00:10:54	00:05:53	00:12:16	00:02:42	00:05:27	00:02:56	00:06:08
148%	148	52	00:05:26	00:10:59	00:05:55	00:12:21	00:02:43	00:05:29	00:02:58	00:06:11
149%	149	51	00:05:28	00:11:03	00:05:58	00:12:26	00:02:44	00:05:32	00:02:59	00:06:13
150%	150	50	00:05:30	00:11:07	00:06:00	00:12:31	00:02:45	00:05:34	00:03:00	00:06:16
151%	151	49	00:05:32	00:11:12	00:06:02	00:12:37	00:02:46	00:05:36	00:03:01	00:06:18
152%	152	48	00:05:34	00:11:16	00:06:05	00:12:42	00:02:47	00:05:38	00:03:02	00:06:21
153%	153	47	00:05:37	00:11:21	00:06:07	00:12:47	00:02:48	00:05:40	00:03:04	00:06:23
154%	154	46	00:05:39	00:11:25	00:06:10	00:12:52	00:02:49	00:05:43	00:03:05	00:06:26
155%	155	45	00:05:41	00:11:30	00:06:12	00:12:57	00:02:51	00:05:45	00:03:06	00:06:28
156%	156	44	00:05:43	00:11:34	00:06:14	00:13:02	00:02:52	00:05:47	00:03:07	00:06:31
157%	157	43	00:05:45	00:11:39	00:06:17	00:13:07	00:02:53	00:05:49	00:03:08	00:06:33
158%	158	42	00:05:48	00:11:43	00:06:19	00:13:12	00:02:54	00:05:52	00:03:10	00:06:36
159%	159	41	00:05:50	00:11:48	00:06:22	00:13:17	00:02:55	00:05:54	00:03:11	00:06:38
160%	160	40	00:05:52	00:11:52	00:06:24	00:13:22	00:02:56	00:05:56	00:03:12	00:06:41
161%	161	39	00:05:54	00:11:56	00:06:26	00:13:27	00:02:57	00:05:58	00:03:13	00:06:43
162%	162	38	00:05:56	00:12:01	00:06:29	00:13:32	00:02:58	00:06:00	00:03:14	00:06:46
163%	163	37	00:05:59	00:12:05	00:06:31	00:13:37	00:02:59	00:06:03	00:03:16	00:06:48
164%	164	36	00:06:01	00:12:10	00:06:34	00:13:42	00:03:00	00:06:05	00:03:17	00:06:51
165%	165	35	00:06:03	00:12:14	00:06:36	00:13:47	00:03:01	00:06:07	00:03:18	00:06:53
166%	166	34	00:06:05	00:12:19	00:06:38	00:13:52	00:03:03	00:06:09	00:03:19	00:06:56
167%	167	33	00:06:07	00:12:23	00:06:41	00:13:57	00:03:04	00:06:12	00:03:20	00:06:58
168%	168	32	00:06:10	00:12:28	00:06:43	00:14:02	00:03:05	00:06:14	00:03:22	00:07:01
169%	169	31	00:06:12	00:12:32	00:06:46	00:14:07	00:03:06	00:06:16	00:03:23	00:07:03
170%	170	30	00:06:14	00:12:37	00:06:48	00:14:12	00:03:07	00:06:18	00:03:24	00:07:06
171%	171	29	00:06:16	00:12:41	00:06:50	00:14:17	00:03:08	00:06:20	00:03:25	00:07:08
172%	172	28	00:06:18	00:12:45	00:06:53	00:14:22	00:03:09	00:06:23	00:03:26	00:07:11
173%	173	27	00:06:21	00:12:50	00:06:55	00:14:27	00:03:10	00:06:25	00:03:28	00:07:13
174%	174	26	00:06:23	00:12:54	00:06:58	00:14:32	00:03:11	00:06:27	00:03:29	00:07:16
175%	175	25	00:06:25	00:12:59	00:07:00	00:14:37	00:03:13	00:06:29	00:03:30	00:07:18
176%	176	24	00:06:27	00:13:03	00:07:02	00:14:42	00:03:14	00:06:32	00:03:31	00:07:21
177%	177	23	00:06:29	00:13:08	00:07:05	00:14:47	00:03:15	00:06:34	00:03:32	00:07:23
178%	178	22	00:06:32	00:13:12	00:07:07	00:14:52	00:03:16	00:06:36	00:03:34	00:07:26
179%	179	21	00:06:34	00:13:17	00:07:10	00:14:57	00:03:17	00:06:38	00:03:35	00:07:28
180%	180	20	00:06:36	00:13:21	00:07:12	00:15:02	00:03:18	00:06:41	00:03:36	00:07:31
181%	181	19	00:06:38	00:13:25	00:07:14	00:15:07	00:03:19	00:06:43	00:03:37	00:07:33
182%	182	18	00:06:40	00:13:30	00:07:17	00:15:12	00:03:20	00:06:45	00:03:38	00:07:36
183%	183	17	00:06:43	00:13:34	00:07:19	00:15:17	00:03:21	00:06:47	00:03:40	00:07:38
184%	184	16	00:06:45	00:13:39	00:07:22	00:15:22	00:03:22	00:06:49	00:03:41	00:07:41

185%	185	15	00:06:47	00:13:43	00:07:24	00:15:27	00:03:24	00:06:52	00:03:42	00:07:43
186%	186	14	00:06:49	00:13:48	00:07:26	00:15:32	00:03:25	00:06:54	00:03:43	00:07:46
187%	187	13	00:06:51	00:13:52	00:07:29	00:15:37	00:03:26	00:06:56	00:03:44	00:07:48
188%	188	12	00:06:54	00:13:57	00:07:31	00:15:42	00:03:27	00:06:58	00:03:46	00:07:51
189%	189	11	00:06:56	00:14:01	00:07:34	00:15:47	00:03:28	00:07:01	00:03:47	00:07:53
190%	190	10	00:06:58	00:14:06	00:07:36	00:15:52	00:03:29	00:07:03	00:03:48	00:07:56
191%	191	9	00:07:00	00:14:10	00:07:38	00:15:57	00:03:30	00:07:05	00:03:49	00:07:58
192%	192	8	00:07:02	00:14:14	00:07:41	00:16:02	00:03:31	00:07:07	00:03:50	00:08:01
193%	193	7	00:07:05	00:14:19	00:07:43	00:16:07	00:03:32	00:07:09	00:03:52	00:08:03
194%	194	6	00:07:07	00:14:23	00:07:46	00:16:12	00:03:33	00:07:12	00:03:53	00:08:06
195%	195	5	00:07:09	00:14:28	00:07:48	00:16:17	00:03:34	00:07:14	00:03:54	00:08:08
196%	196	4	00:07:11	00:14:32	00:07:50	00:16:22	00:03:36	00:07:16	00:03:55	00:08:11
197%	197	3	00:07:13	00:14:37	00:07:53	00:16:27	00:03:37	00:07:18	00:03:56	00:08:13
198%	198	2	00:07:16	00:14:41	00:07:55	00:16:32	00:03:38	00:07:21	00:03:58	00:08:16
199%	199	1	00:07:18	00:14:46	00:07:58	00:16:37	00:03:39	00:07:23	00:03:59	00:08:18
200%	200	0	00:07:20	00:14:50	00:08:00	00:16:42	00:03:40	00:07:25	00:04:00	00:08:21