



Times needed for 1,000 points effective 1 July 2024

AGE GROUP	For 2024/5 Season		RUNNING		SWIMMING		BONUS POINTS
Girls/Ladies	Year born	Age end of 2025	Distance [m]	Time	Distance [m]	Time	per year over base
Under 8	2018 and later	7 and younger	400	2.00	25	0.35	0
Under 9	2017	8	400	1.48	50	0.56	0
Under 11	2015-2016	9 and 10	400	1.40	50	0.47	0
Under 13	2013-2014	11 and 12	800	3.01	50	0.38	0
Under 15	2011-2012	13 and 14	800	2.55	100	1.16	0
Under 17	2009-2010	15 and 16	800	2.43	100	1.15	0
Under 19	2007-2008	17 and 18	800	2.52	100	1.14	0
Juniors	1998-2006	19 -27	800	2.58	100	1.19	0
Seniors	1986-1997	28- 39	800	3.06	100	1.25	3
Masters 40+	1974-1985	40-49	800	3.09	100	1.24	5
Masters 50+	1966-1975	50-59	800	3.10	100	1.34	5
Masters 60+	1956-1965	60-69	400	1.46	50	0.51	6
Masters 70+	1955 and earlier	70 and older	400	1.98	50	0.58	10
Special needs	Any date	Any age	400	2.00	50	0.45	0

AGE GROUP	For 2024/5 Season		RUNNING		SWIMMING		BONUS POINTS
Boys/Men	Year born	Age end of 2025	Distance [m]	Time	Distance [m]	Time	per year over base
Under 8	2018 and later	7 and younger	400	1.58	25	0.33	0
Under 9	2017	8	400	1.42	50	0.52	0
Under 11	2015-2016	9 and 10	400	1.36	50	0.44	0
Under 13	2013-2014	11 and 12	800	3.00	50	0.36	0
Under 15	2011-2012	13 and 14	800	2.47	100	1.13	0
Under 17	2009-2010	15 and 16	800	2.36	100	1.10	0
Under 19	2007-2008	17 and 18	800	2.31	100	1.09	0
Juniors	1998-2006	19 -27	800	2.35	100	1.09	0
Seniors	1986-1997	28- 39	800	2.40	100	1.15	3
Masters 40+	1974-1985	40-49	800	2.40	100	1.16	5
Masters 50+	1966-1975	50-59	800	2.36	100	1.18	5
Masters 60+	1956-1965	60-69	400	1.30	50	0.43	6
Masters 70+	1955 and earlier	70 and older	400	1.40	50	0.50	10
Special needs	Any date	Any age	400	2.00	50	0.45	0