



Times needed for 1 000 points effective 1 May 2023

AGE GROUP	For 2024 Season		RUNNING		SWIMMING		BONUS POINTS
Girls/Ladies	Year born	Age end of 2024	Distance	Time	Distance	Time	per year over base
Under 8	2017 and later	7 and younger	400	2 min 00	25	0 min 35	0
Under 9	2016	8	400	1 min 47	50	0 min 53	0
Under 11	2014-2015	9 and 10	400	1 min 38	50	0 min 46	0
Under 13	2012-2013	11 and 12	800	2 min 57	50	0 min 36	0
Under 15	2010-2011	13 and 14	800	2 min 53	100	1 min 15	0
Under 17	2008-2009	15 and 16	800	2 min 53	100	1 min 15	0
Under 19	2006-2007	17 and 18	800	2 min 54	100	1 min 17	0
Juniors	1997-2005	19 -27	800	2 min 58	100	1 min 19	0
Seniors	1985- 1996	28 - 39	800	2 min 58	100	1 min 19	3
Masters 40+	1975-1984	40-49	800	3 min 11	100	1 min 24	5
Masters 50+	1965-1974	50-59	800	3 min 22	100	1 min 29	5
Masters 60+	1955-1964	60-69	400	1 min 51	50	0 min 50	6
Masters 70+	1954 and earlier	70 and older	400	2 min 04	50	0 min 56	10
Special needs	Any date	Any age	400	2 min 00	50	0 min 45	0

AGE GROUP	For 2024 Season		RUNNING		SWIMMING		BONUS POINTS
Boys/Men	Year born	Age end of 2024	Distance	Time	Distance	Time	per year over base
Under 8	2017 and later	7 and younger	400	1 min 58	25	0 min 33	0
Under 9	2016	8	400	1 min 43	50	0 min 51	0
Under 11	2014-2015	9 and 10	400	1 min 37	50	0 min 44	0
Under 13	2012-2013	11 and 12	800	2 min 53	50	0 min 36	0
Under 15	2010-2011	13 and 14	800	2 min 43	100	1 min 13	0
Under 17	2008-2009	15 and 16	800	2 min 32	100	1 min 08	0
Under 19	2006-2007	17 and 18	800	2 min 29	100	1 min 08	0
Juniors	1997-2005	19 -27	800	2 min 24	100	1 min 07	0
Seniors	1985- 1996	28 - 39	800	2 min 24	100	1 min 10	3
Masters 40+	1975-1984	40-49	800	2 min 36	100	1 min 15	5
Masters 50+	1965-1974	50-59	800	2 min 47	100	1 min 20	5
Masters 60+	1955-1964	60-69	400	1 mn 35	50	0 min 47	6
Masters 70+	1954 and earlier	70 and older	400	1 min 48	50	0 min 53	10
Special needs	Any date	Any age	400	2 min 00	50	0 min 45	0

Running

For every 1 second slower, 2 points will be subtracted from your 1 000 points, and for every 1 second faster, 2 points will be added to your 1000 points

Swimming

For every 1 second slower, 5 points will be subtracted from your 1 000 points, and for every 1 second faster, 5 points will be added to your 1000 points. Exception u/13 athletes running 800 m and swimming 50m adjustment will be 10 points per second