

ARMADALE MASTERS AEROBIC POINTS 2011
NATIONAL AEROBIC TROPHY

Proportional Estimation		400m (Min 5 swims)			800m (Min 5 swims)			Other Points
Points #	Women	Free	Breast	Back	Free	Breast	Back	
76	Gillian Caruso	3		4	4		4	30
44 *	Heather Croft	5 (8)	4		3	4		
28 *	Liz Dunn	4			5 (20)			
22	Jacqueline Briggs	4		3	2			
16 *	Jannette Edwards	5 (2)	5 (6)				2	
14	Linda Cragg	4	3					
12	Katja Cappadona	3	3					
8	Michelle Hollomby	1	1				1	
8	Fennifer Findlay					2		
4	Kimberley Flatt	1	1					
2	Yvonne Hunt	1						
2	Maree Lim	1						
2	Yvonne Lovegrove	1						
2	Helen Rossi	1						
2	Maria Plant	1						
2	Heather Adams	1						

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Proportional Estimation		400m (Min 5 swims)			800m (Min 5 swims)			Other Points
Points #	Men	Free	Breast	Back	Free	Breast	Back	
66	*	Graham Hicks	4	4	5 (10)	5 (20)		20
61		Jeff Sanders	4	3	5 (8)	4		21
54	*	Ross Doherty	5 (8)		5 (6)	4		24
52	*	Charles Croft	5 (10)	5 (10)		3	5 (20)	
41		Graham Cragg	4	4	1	1	1	15
39		Greg Frey	4			4		15
24		Fettes Falconer	4			4		
18	*	Colin Gibson	5 (6)			3		
16		Chris Millard	4	4				

- # Points are a proportional estimation based on completed swims. A minimum of 5 swims is required to gain points and the exact number of points awarded depends on the average swim time.
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- Points include awarded points displayed in () for each completed set of 5 swims plus proportional estimated points for less than 5 completed swims. Maximum points for 400m and 800m are 10 and 20 respectively.