

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	
105	* Gillian Caruso	5 (10)		5 (10)	5 (20)		5 (20)	45
54	* Heather Croft	5 (8)	5 (10)		5 (16)	5 (20)		
28	* Liz Dunn	4			5 (20)			
22	Jacqueline Briggs	4		3	2			
18	* Linda Cragg	5 (10)	4					
16	* Jannette Edwards	5 (2)	5 (6)				2	
12	Katja Cappadona	3	3					
12	Fennifer Findlay				3			
8	Michelle Hollomby	1	1				1	
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						

ARMADALE MASTERS AEROBIC POINTS 2011
NATIONAL AEROBIC TROPHY

Proportional Estimation		400m (Min 5 swims)			800m (Min 5 swims)			Other Points
Points #	Men	Free	Breast	Back	Free	Breast	Back	
85	*	Graham Hicks	5 (10)	5 (10)	5 (10)	5 (20)		35
81	*	Ross Doherty	5 (8)		5 (6)	5 (16)		51
75	*	Charles Croft	5 (10)	5 (10)		5 (20)	5 (20)	15
60	*	Greg Frey	5 (10)			5 (20)		30
59	*	Jeff Sanders	5 (6)	5 (8)	5 (8)	5 (16)		21
45	*	Graham Cragg	5 (10)	4	2	1	1	15
33	*	Colin Gibson	5 (6)			5 (12)		15
30	*	Fettes Falconer	5 (10)			5 (20)		
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.

*

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.