



MODERN PENTATHLON 2014 COMPETITION RULES

6. MASTERS RULES

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1. GENERAL ASPECTS

1.1 Definition and Purpose

The UIPM Masters Competitions encourage competitors to keep in touch with Modern Pentathlon thereby contributing to the development of the sport. UIPM Master Competitions are Master Competitions, Masters World Championships or Masters Continental Championships.

1.2 Sphere of Application

UIPM Master Competitions and Championships are covered by the UIPM Rules, especially the UIPM Competition, Medical and Advertising and Media Rules, insofar as not specified differently below.

1.3 Format

1.3.1 There are two formats in Masters Competitions: Pentathlon and Tetrathlon.

1.3.2 Masters Pentathlon consists of the disciplines of riding, fencing, swimming, shooting and running (classic mode) or riding, fencing, swimming and a combination of shooting and running (combined mode). Tetrathlon consists of the same disciplines without riding.

1.3.3 Within Masters World Championships and Masters Continental Championships men and women are separately subdivided into the following 10 year age groups: 30 – 39 years (30+), 40 – 49 years (40+), 50 – 59 years (50+), 60 – 69 (60+) years and 70+. The date for classification into age groups is 1 January of the year of birth of each competitor.

1.3.4 An athlete can start in a lower age group with a reduction of handicap points limited to the highest level of handicap points applicable to the lower age group. The athlete has to announce his decision on the date of his official registration. It is not possible to start in two age groups.

1.3.5 A fencing group must not exceed 36 athletes. In case of more than 36 participants the local organising committee should make an appropriate split e.g. Pentathletes and Tetrathletes, men/women and/or age groups.

1.3.6 The Relay competition can be arranged in mixed teams of two participants (man/woman) from the same nation. For Relay team composition also paragraphs 1.5.2.2 and 1.5.2.3 apply.

1.4 The Events

1.4.1 The Combined Event follows the rules for Youth B with deviations applicable to specific Masters requirements as regards: age groups, adapted distances, lead times and point tables (see table hereunder and paragraphs 2.1.3 and 2.2). The Combined Event must be organised at Masters World Championships and Masters Continental Championships. If due to organisational limitations the Combined Event cannot be executed within the above specified championships, an exception permit has to be sought from the UIPM Executive Board.



Age Groups Men/Women	Start	Max. Run	Shoot Time Limit	Run	Shoot Time Limit	Run	Shoot Time Limit	Run
30+; 40+; 50+	Handicap	25 m	50 Sec	800 m	50 Sec	800 m	50 Sec	800 m
60+; 70+	Handicap	25 m	50 Sec	400 m	50 Sec	400 m	50 Sec	400 m

- 1.4.2 In Swimming the distance is 100m freestyle except for age groups 60+, which is 50m.
- 1.4.3 Riding at Masters World Championships and Masters Continental Championships in each age group must be organised with 10 obstacles including 2 double combinations, all at a max height of 90cm.
- 1.4.4 Masters have to demonstrate their riding ability in the warm up arena within 20 minutes. The Warming up Judge can exclude Masters from the riding discipline, if they are not able to control their horse sufficiently. The Warming up Judge must immediately notify any decision to exclude to the Riding Director.
- 1.4.5 The plan of the riding course and a list of the horses must be available at the Technical Meeting. The organisers can adapt the course to the quality of the horses. The difficulty of the riding course must be adapted to the quality of the horses having regard to jumping the course at least 3 times within one day.
- 1.4.6 Shooting (classic mode) using air-pressure pistols with trigger weight of min. 500 grams and pellets of 4.5 mm lasts 30 Minutes including warming up. With mechanical (electronic) change of targets, 20 shots are fired on 20 different targets in 30 minutes or 2 x 10 shots are shot on 10 different targets at the same time, alternatively. Shooting without mechanical (electrical) change of targets implies 4 x 5 shots on 4 different targets- In age groups of 70+ years, the athlete can use both hands to hold the pistol. From 1 January 2015 Combined Event with Laser Shooting will be mandatory for Masters World and Continental Championships and the UIPM Rules for Laser Shooting will apply. At any time until then the organiser of a Masters Competition can provide for Combined Event with Laser Shooting for one or more Masters classes parallel to pellet shooting for the others.
- 1.4.7 The Running distance is 2000m for Masters age groups 30-59 years and 1000m for 60+. The conditions and difficulties of the running course must be adapted to the age of the Masters. For the length of the running course a difference of +/- 5% (max. 100m) is tolerated. All leading athletes in each age group start together on the basis of a handicap start.

1.5 Masters Participation

1.5.1 Individual Participation

- 1.5.1.1 Each National Federation, member of the UIPM, has the right to register an unlimited number of pentathletes and tetrathletes from 30 years of age for both genders. If the number of athletes exceeds the organiser's capacities, the organising committee has the right to limit the number of participants either by registration deadline or limited participants per nation. Participating athletes must specify on the entry form whether they start for Tetrathlon or for Pentathlon. Active athletes who have participated in UIPM Category "A" competitions within the last 12 months are not allowed to start in Masters World and Masters Continental Championships.
- 1.5.1.2 Participating Masters are divided into age groups defined under 1.3.3. If a single age group reaches the minimum number of three (3) athletes, the competition will be conducted according to the regulations defined in the Masters rules.
- 1.5.1.3 If in one of the age groups 30+ and 40+ the number of participants is less than three competitors, these athletes will be assigned to the next higher age group and judged according to their new classification. If the age group 50+ does not reach the minimum number of three participants, these athletes will be assigned to the next lower age group. Athletes will keep the amount of handicap points earned according to their age. Whoever reaches the highest total score of each consolidated age group is the winner. This also applies to age groups 60+ and 70+. However these age groups cannot be downgraded to age group 50+.



1.5.1.4 If the total number of participants in either of the main categories below age 60 (age groups 30+, 40+ and 50+) or above age 60 (60+ and 70+) is below 7 competitors, age groups in this category will be abandoned. In this case final results will be determined within a single classification. Athletes will keep the amount of handicap points earned according to their age. Whoever reaches the highest total score of all consolidated age groups within each category is the winner.

1.5.2 Team Participation

1.5.2.1 Teams are sorted in two main categories: below age 60 (30+) and above age 60 (60+). All nations participating with a team of at least three athletes in each main category will be entered in the team competition. In teams with four athletes, only the three best results are used for ranking purposes

1.5.2.2 Any team (either pentathlon, tetrathlon, men, women) can be arranged within each age category (below 60 or above 60) in any combination of age groups.

1.5.2.3 There must be a minimum of three teams in men's competitions and a minimum of two teams in women's competitions in order to have team valuation.

1.6 Finance

1.6.1 The Local Organising Committee must take care of hosting (lodging, meals, local transport) at reasonable cost level, affordable for the majority of the Masters community. In addition the LOC must offer a low-cost solution (camping site or holiday camp).

1.6.2 Within the bounds of possibility the LOC should arrange a visitor's programme and provide social events.

1.6.3 The organiser is entitled to charge a starting fee for the Pentathlon competition, including the costs of the Riding event and a lower fee for the Tetrathlon competition.

1.7 Competition Authorities

1.7.1 Technical Meeting

Up to two persons from each participating nation are authorised to take part in the Technical Meeting.

1.7.2 Competition Jury

The Pentathlon Director or his deputy who are appointed on behalf of the UIPM by the LOC holds the chair of the Competition Jury. It further includes the Director of the event the Competition Jury is to consider. The third member is elected at the Technical Meeting from its members.

1.7.3 Jury of Appeal

The Jury of Appeal consists of three members. The chair is held by a member of the UIPM Masters Committee. The two other members are elected at the TM from its members.

1.7.4 Discipline

Subject to the foregoing the UIPM Competition Rules General Aspects and Disciplinary Rules apply.

1.8 Masters Conference

1.8.1 The schedule of each World Master Championships must include time reserved for the International Masters Conference. This conference should be held after the competition or before the final ceremony and can be organised through Skype/internet.

1.8.2 The International Masters Conference is composed as follows: two Masters from each UIPM member federation and the members of the UIPM Masters Committee. The UIPM Executive Board is entitled to delegate persons to participate without any right to vote. Further persons may be allowed by the Conference to participate as guests. The chair is held by the chairperson of the UIPM Masters Committee.

1.8.3 The International Masters Conference decides on the assignment and organisation of the next following Masters World Championships and Masters Continental Championships. It accepts proposals and decides on the basis of the report submitted by the chairperson and members of



the UIPM Masters Committee. It elects the members of the UIPM Masters Committee according to the UIPM Rules on Internal Organisation and the UIPM Election Rules.

2. COMPETITION RESULTS

2.1 Handicap system

2.1.1 In age groups from 30+ upwards there will be issued handicap points in the form of bonus points with progressive upward tendency. A separate age group 20-29 Years (20+) can only be allowed at simple Masters Competitions. The handicap points are added directly to the score of the competition's first discipline. Based on that a provisional result can be worked out after each discipline.

2.1.2 Point Table – Handicap system

This handicap system gives the chance to calculate and determine the winners in Master Competitions, where there are too few competitors to organise competitions in age groups. In Masters World Championships and Masters Continental Championships an age group winner for Modern Pentathlon and Tetrathlon will only be declared after the handicap points have been added to the competitors summarised competition points.

In Relay competitions the handicap points have to be added according to the number of competitors of each relay team upfront and the total amount has to be added to the Relay score of each Relay team after the first discipline.

Age	Points	Tetrathlon	Pentathlon
20	20 x 5,00	-80	-100
21	19 x 5,00	-76	-95
22	18 x 5,00	-72	-90
23	17 x 5,00	-68	-85
24	16 x 5,00	-64	-80
25	15 x 5,00	-60	-75
26	14 x 5,00	-56	-70
27	13 x 5,00	-52	-65
28	12 x 5,00	-48	-60
29	11 x 5,00	-44	-55
30	10 x 5,00	-40	-50
31	9 x 5,00	-36	-45
32	8 x 5,00	-32	-40
33	7 x 5,00	-28	-35
34	6 x 5,00	-24	-30
35	5 x 5,00	-20	-25
36	4 x 5,00	-16	-20
37	3 x 5,00	-12	-15
38	2 x 5,00	-8	-10
39	1 x 5,00	-4	-5
40	0 x 0,00	0	0
41	11 x 0,25	2	3
42	12 x 0,50	5	6
43	13 x 0,75	8	10
44	14 x 1,00	11	14
45	15 x 1,25	15	19
46	16 x 1,50	19	24
47	17 x 1,75	24	30
48	18 x 2,00	29	36
49	19 x 2,25	34	43

Age	Points	Tetrathlon	Pentathlon
50	20 x 2,50	40	50
51	21 x 2,75	46	58
52	22 x 3,00	53	66
53	23 x 3,25	60	75
54	24 x 3,50	67	84
55	25 x 3,75	75	94
56	26 x 4,00	83	104
57	27 x 4,25	92	115
58	28 x 4,50	101	126
59	29 x 4,75	110	138
60	30 x 5,00	120	150
61	31 x 5,25	130	163
62	32 x 5,50	141	176
63	33 x 5,75	152	190
64	34 x 6,00	163	204
65	35 x 6,25	175	219
66	36 x 6,50	187	234
67	37 x 6,75	200	250
68	38 x 7,00	213	266
69	39 x 7,25	226	283
70	40 x 7,50	240	300
71	41 x 7,50	246	308
72	42 x 7,50	252	315
73	43 x 7,50	258	323
74	44 x 7,50	264	330
75	45 x 7,50	270	338
76	46 x 7,50	276	345
77	47 x 7,50	282	353
78	48 x 7,50	288	360
79	49 x 7,50	294	368



2.1.3 The points table for the Combined Event follows the Youth B and C rules with adapted distances and lead times in consideration of the different age groups laid down in the following table:

	Age Groups 30+; 40+; 50+ Men; Women		Age Groups 60+; 70+ Men; Women	
	Individual	Relay 2	Individual	Relay 2
Competitors	1	2 mixed	1	2 mixed
Run	± 20 m	± 20 m	± 20 m	± 20 m
Shoot	5 Targets 50 Sec	5 Targets 50 Sec	5 Targets 50 Sec	5 Targets 50 Sec
Run	800 m	800 m	400 m	400 m
Shoot	5 Targets 50 Sec	5 Targets 50 Sec	5 Targets 50 Sec	5 Targets 50 Sec
Run	800 m	800 m	400 m	400 m
Shoot	5 Targets 50 Sec		5 Targets 50 Sec	
Run	800 m		400 m	
Distance	2400 m	1600 m	1200 m	800 m
Repetitions		2		2
Tot. Distance	2400 m	3200 m	1200 m	1600 m
Time 500 Pts	11:30,0	15:30,0	7:00,0	9:30,0
Points/s	± 1	± 1	± 1	± 1

2.1.4 The points table for Fencing is calculated as follows:

- Formula: 70% bouts won corresponds to 250 points.
Each victory over or below this number adds or deducts the amount of points assigned to the number of bouts.
(See UIPM / 2. Event Rules Fencing / Appendix: 2A or table below)
- Example: 32 fencers = 31 bouts
250 points = 22 victories
± 1 victory = ± 7 points

Fencing									
Athletes	Hits	250	bouts	Vict.	Athletes	Hits	250	bouts	Vict.
36	1	25	35	6	19	2	25	36	6
35	1	24	34	6	18	2	24	34	6
34	1	23	33	7	17	2	22	32	7
33	1	22	32	7	16	2	21	30	7
32	1	22	31	7	15	2	20	28	8
31	1	21	30	7	14	2	18	26	8
30	1	20	29	8	13	2	17	24	8
29	1	20	28	8	12	2	15	22	9
28	1	19	27	8	11	2	14	20	9
27	1	18	26	8					
26	1	18	25	8					
25	1	17	24	8					
24	1	16	23	8					
23	1	15	22	9					
22	1	15	21	9					
21	1	14	20	9					
20	1	13	19	9					



2.1.5 The points table for Swimming is calculated as follows:

Gender	Age Group	Distance	Time for 250 Points	Points/ 0.5sec
Men	30+;40+;50+	100m	1:18,0	± 1
Women	30+;40+;50+	100m	1:30,0	± 1
Men	60+;70+	50m	0:38,0	± 1
Women	60+;70+	50m	0:43,0	± 1

Times will be recorded in half seconds.

Fractions of second are not considered e.g.:

1:18.49 is recorded as 1:18.0 1:30.49 is recorded as 1:30.0
 1:18.51 is recorded as 1:18.5 1:30.51 is recorded as 1:30.5

2.1.6 Scoring for Riding is as laid down in the UIPM Competition Rules. The target time is based on a speed of 375 m/minute outdoor and 350m/minute indoor. A clear round in the time allowed shall give the pentathlete and/or team in Relay 300 points. All penalty points are deducted from this amount.

Outdoor arena (>2500m ²):			Indoor Arena (<2500m ²):		
Length of Course	Time allowed	Time Limit		Length of course	Time allowed Time Limit
350m	56 sec	112		350m	60 sec 120
355m	57 sec	114		355m	61 sec 122
360m	58 sec	116		360m	62 sec 124
365m	59 sec	118		365m	63 sec 126
370m	59 sec	118		370m	63 sec 126
375m	60 sec	120		375m	64 sec 128
380m	61 sec	122		380m	65 sec 130
385m	62 sec	124		385m	66 sec 132
390m	63 sec	126		390m	67 sec 134
395m	64 sec	128		395m	68 sec 136
400m	65 sec	130		400m	69 sec 138

TIME PENALTY for Individual Competition and Relay +1sec = -1 point

+1s = - 1	+16 = - 16	+31 = - 31	+46 = - 46	+62 = - 62
+2 = - 2	+17 = - 17	+32 = - 32	+47 = - 47	+63 = - 63
+3 = - 3	+18 = - 18	+33 = - 33	+48 = - 48	+64 = - 64
+4 = - 4	+19 = - 19	+34 = - 34	+49 = - 49	+65 = - 65
+5 = - 5	+20 = - 20	+35 = - 35	+50 = - 50	+66 = - 66
+6 = - 6	+21 = - 21	+36 = - 36	+51 = - 51	+67 = - 67
+7 = - 7	+22 = - 22	+37 = - 37	+52 = - 52	+68 = - 68
+8 = - 8	+23 = - 23	+38 = - 38	+53 = - 53	+69 = - 69
+9 = - 9	+24 = - 24	+39 = - 39	+54 = - 54	+70 = - 70
+10 = - 10	+25 = - 25	+40 = - 40	+55 = - 55	+71 = - 71
+11 = - 11	+26 = - 26	+41 = - 41	+56 = - 56	+72 = - 72
+12 = - 12	+27 = - 27	+42 = - 42	+57 = - 57	+73 = - 73
+13 = - 13	+28 = - 28	+43 = - 43	+58 = - 58	+74 = - 74
+14 = - 14	+29 = - 29	+44 = - 44	+59 = - 59	+75 = - 75
+15 = - 15	+30 = - 30	+45 = - 45	+60 = - 60	+76 = - 76
			+61 = - 61	+77 = - 77

For Calculation of Time Penalties:

Time: 70.1 seconds is recorded as 70 seconds.

Time: 70.9 seconds is recorded as 70 seconds.



2.1.7 Points for Shooting as a single event are based on 250 points = 172 target points and 1 target point = +/- 4 points – See Appendix 1

2.1.8 Points for Running as a single event are calculated as follows:

Gender	Age Group	Distance	Time for 250 Points	Points/sec
Men	30+;40+;50+	2000m	7:45,0	± 1
Women	30+;40+;50+	2000m	8:30,0	± 1
Men	60+;70+	1000m	4:00,0	± 1
Women	60+;70+	1000m	4:30,0	± 1

Times will be recorded in full seconds.

Fractions of second are not considered e.g.:

07:45.9 is recorded as 07:45.0

08:30.9 is recorded as 08:30.0.



SHOOTING POINTS TABLE

Appendix 1

Target	Points	Target	Points	Target	Points	Target	Points
200	334	172	250	144	166	116	82
199	331	171	247	143	163	115	79
198	328	170	244	142	160	114	76
197	325	169	241	141	157	113	73
196	322	168	238	140	154	112	70
195	319	167	235	139	151	111	67
194	316	166	232	138	148	110	64
193	313	165	229	137	145	109	61
192	310	164	226	136	142	108	58
191	307	163	223	135	139	107	55
190	304	162	220	134	136	106	52
189	301	161	217	133	133	105	49
188	298	160	214	132	130	104	46
187	295	159	211	131	127	103	43
186	292	158	208	130	124	102	40
185	289	157	205	129	121	101	37
184	286	156	202	128	118	100	34
183	283	155	199	127	115	99	31
182	280	154	196	126	112	98	28
181	277	153	193	125	109	97	25
180	274	152	190	124	106	96	22
179	271	151	187	123	103	95	19
178	268	150	184	122	100	94	16
177	265	149	181	121	97	93	13
176	262	148	178	120	94	92	10
175	259	147	175	119	91	91	7
174	256	146	172	118	88	90	4
173	253	145	169	117	85	89	1



SWIMMING POINTS TABLE

Appendix 2A

Women: 30+ / 40+ / 50+

min	pts	min	pts	min	pts	min	pts	min	pts	min	pts	min	pts
<u>01:05.0</u>	300	01:26.5	257	01:48.0	214	02:09.5	171	02:31.0	128	02:52.5	85	03:14.0	42
01:05.5	299	01:27.0	256	01:48.5	213	<u>02:10.0</u>	170	02:31.5	127	02:53.0	84	03:14.5	41
01:06.0	298	01:27.5	255	01:49.0	212	02:10.5	169	02:32.0	126	02:53.5	83	<u>03:15.0</u>	40
01:06.5	297	01:28.0	254	01:49.5	211	02:11.0	168	02:32.5	125	02:54.0	82	03:15.5	39
01:07.0	296	01:28.5	253	<u>01:50.0</u>	210	02:11.5	167	02:33.0	124	02:54.5	81	03:16.0	38
01:07.5	295	01:29.0	252	01:50.5	209	02:12.0	166	02:33.5	123	<u>02:55.0</u>	80	03:16.5	37
01:08.0	294	01:29.5	251	01:51.0	208	02:12.5	165	02:34.0	122	02:55.5	79	03:17.0	36
01:08.5	293	<u>01:30.0</u>	250	01:51.5	207	02:13.0	164	02:34.5	121	02:56.0	78	03:17.5	35
01:09.0	292	01:30.5	249	01:52.0	206	02:13.5	163	<u>02:35.0</u>	120	02:56.5	77	03:18.0	34
01:09.5	291	01:31.0	248	01:52.5	205	02:14.0	162	02:35.5	119	02:57.0	76	03:18.5	33
<u>01:10.0</u>	290	01:31.5	247	01:53.0	204	02:14.5	161	02:36.0	118	02:57.5	75	03:19.0	32
01:10.5	289	01:32.0	246	01:53.5	203	<u>02:15.0</u>	160	02:36.5	117	02:58.0	74	03:19.5	31
01:11.0	288	01:32.5	245	01:54.0	202	02:15.5	159	02:37.0	116	02:58.5	73	<u>03:20.0</u>	30
01:11.5	287	01:33.0	244	01:54.5	201	02:16.0	158	02:37.5	115	02:59.0	72	03:20.5	29
01:12.0	286	01:33.5	243	<u>01:55.0</u>	200	02:16.5	157	02:38.0	114	02:59.5	71	03:21.0	28
01:12.5	285	01:34.0	242	01:55.5	199	02:17.0	156	02:38.5	113	<u>03:00.0</u>	70	03:21.5	27
01:13.0	284	01:34.5	241	01:56.0	198	02:17.5	155	02:39.0	112	03:00.5	69	03:22.0	26
01:13.5	283	<u>01:35.0</u>	240	01:56.5	197	02:18.0	154	02:39.5	111	03:01.0	68	03:22.5	25
01:14.0	282	01:35.5	239	01:57.0	196	02:18.5	153	<u>02:40.0</u>	110	03:01.5	67	03:23.0	24
01:14.5	281	01:36.0	238	01:57.5	195	02:19.0	152	02:40.5	109	03:02.0	66	03:23.5	23
<u>01:15.0</u>	280	01:36.5	237	01:58.0	194	02:19.5	151	02:41.0	108	03:02.5	65	03:24.0	22
01:15.5	279	01:37.0	236	01:58.5	193	<u>02:20.0</u>	150	02:41.5	107	03:03.0	64	03:24.5	21
01:16.0	278	01:37.5	235	01:59.0	192	02:20.5	149	02:42.0	106	03:03.5	63	<u>03:25.0</u>	20
01:16.5	277	01:38.0	234	01:59.5	191	02:21.0	148	02:42.5	105	03:04.0	62	03:25.5	19
01:17.0	276	01:38.5	233	<u>02:00.0</u>	190	02:21.5	147	02:43.0	104	03:04.5	61	03:26.0	18
01:17.5	275	01:39.0	232	02:00.5	189	02:22.0	146	02:43.5	103	<u>03:05.0</u>	60	03:26.5	17
01:18.0	274	01:39.5	231	02:01.0	188	02:22.5	145	02:44.0	102	03:05.5	59	03:27.0	16
01:18.5	273	<u>01:40.0</u>	230	02:01.5	187	02:23.0	144	02:44.5	101	03:06.0	58	03:27.5	15
01:19.0	272	01:40.5	229	02:02.0	186	02:23.5	143	<u>02:45.0</u>	100	03:06.5	57	03:28.0	14
01:19.5	271	01:41.0	228	02:02.5	185	02:24.0	142	02:45.5	99	03:07.0	56	03:28.5	13
<u>01:20.0</u>	270	01:41.5	227	02:03.0	184	02:24.5	141	02:46.0	98	03:07.5	55	03:29.0	12
01:20.5	269	01:42.0	226	02:03.5	183	<u>02:25.0</u>	140	02:46.5	97	03:08.0	54	03:29.5	11
01:21.0	268	01:42.5	225	02:04.0	182	02:25.5	139	02:47.0	96	03:08.5	53	<u>03:30.0</u>	10
01:21.5	267	01:43.0	224	02:04.5	181	02:26.0	138	02:47.5	95	03:09.0	52	03:30.5	9
01:22.0	266	01:43.5	223	<u>02:05.0</u>	180	02:26.5	137	02:48.0	94	03:09.5	51	03:31.0	8
01:22.5	265	01:44.0	222	02:05.5	179	02:27.0	136	02:48.5	93	<u>03:10.0</u>	50	03:31.5	7
01:23.0	264	01:44.5	221	02:06.0	178	02:27.5	135	02:49.0	92	03:10.5	49	03:32.0	6
01:23.5	263	<u>01:45.0</u>	220	02:06.5	177	02:28.0	134	02:49.5	91	03:11.0	48	03:32.5	5
01:24.0	262	01:45.5	219	02:07.0	176	02:28.5	133	<u>02:50.0</u>	90	03:11.5	47	03:33.0	4
01:24.5	261	01:46.0	218	02:07.5	175	02:29.0	132	02:50.5	89	03:12.0	46	03:33.5	3
<u>01:25.0</u>	260	01:46.5	217	02:08.0	174	02:29.5	131	02:51.0	88	03:12.5	45	03:34.0	2
01:25.5	259	01:47.0	216	02:08.5	173	<u>02:30.0</u>	130	02:51.5	87	03:13.0	44	03:34.5	1
01:26.0	258	01:47.5	215	02:09.0	172	02:30.5	129	02:52.0	86	03:13.5	43	<u>03:35.0</u>	0



SWIMMING POINTS TABLE

Appendix 2B

Men: 30+ / 40+ / 50+

Min	pts	Min	pts	min	pts	min	pts	min	pts	min	pts	min	pts
00:50.0	306	01:12.0	262	01:34.0	218	01:56.0	174	02:18.0	130	<u>02:40.0</u>	86	03:02.0	42
00:50.5	305	01:12.5	261	01:34.5	217	01:56.5	173	02:18.5	129	02:40.5	85	03:02.5	41
00:51.0	304	01:13.0	260	<u>01:35.0</u>	216	01:57.0	172	02:19.0	128	02:41.0	84	03:03.0	40
00:51.5	303	01:13.5	259	01:35.5	215	01:57.5	171	02:19.5	127	02:41.5	83	03:03.5	39
00:52.0	302	01:14.0	258	01:36.0	214	01:58.0	170	<u>02:20.0</u>	126	02:42.0	82	03:04.0	38
00:52.5	301	01:14.5	257	01:36.5	213	01:58.5	169	02:20.5	125	02:42.5	81	03:04.5	37
00:53.0	300	01:15.0	256	01:37.0	212	01:59.0	168	02:21.0	124	02:43.0	80	<u>03:05.0</u>	36
00:53.5	299	01:15.5	255	01:37.5	211	01:59.5	167	02:21.5	123	02:43.5	79	03:05.5	35
00:54.0	298	01:16.0	254	01:38.0	210	<u>02:00.0</u>	166	02:22.0	122	02:44.0	78	03:06.0	34
00:54.5	297	01:16.5	253	01:38.5	209	02:00.5	165	02:22.5	121	02:44.5	77	03:06.5	33
<u>00:55.0</u>	296	01:17.0	252	01:39.0	208	02:01.0	164	02:23.0	120	<u>02:45.0</u>	76	03:07.0	32
00:55.5	295	01:17.5	251	01:39.5	207	02:01.5	163	02:23.5	119	02:45.5	75	03:07.5	31
00:56.0	294	<u>01:18.0</u>	250	01:40.0	206	02:02.0	162	02:24.0	118	02:46.0	74	03:08.0	30
00:56.5	293	01:18.5	249	01:40.5	205	02:02.5	161	02:24.5	117	02:46.5	73	03:08.5	29
00:57.0	292	01:19.0	248	01:41.0	204	02:03.0	160	<u>02:25.0</u>	116	02:47.0	72	03:09.0	28
00:57.5	291	01:19.5	247	01:41.5	203	02:03.5	159	02:25.5	115	02:47.5	71	03:09.5	27
00:58.0	290	<u>01:20.0</u>	246	01:42.0	202	02:04.0	158	02:26.0	114	02:48.0	70	<u>03:10.0</u>	26
00:58.5	289	01:20.5	245	01:42.5	201	02:04.5	157	02:26.5	113	02:48.5	69	03:10.5	25
00:59.0	288	01:21.0	244	01:43.0	200	02:05.0	156	02:27.0	112	02:49.0	68	03:11.0	24
00:59.5	287	01:21.5	243	01:43.5	199	02:05.5	155	02:27.5	111	02:49.5	67	03:11.5	23
<u>01:00.0</u>	286	01:22.0	242	01:44.0	198	02:06.0	154	02:28.0	110	<u>02:50.0</u>	66	03:12.0	22
01:00.5	285	01:22.5	241	01:44.5	197	02:06.5	153	02:28.5	109	02:50.5	65	03:12.5	21
01:01.0	284	01:23.0	240	<u>01:45.0</u>	196	02:07.0	152	02:29.0	108	02:51.0	64	03:13.0	20
01:01.5	283	01:23.5	239	01:45.5	195	02:07.5	151	02:29.5	107	02:51.5	63	03:13.5	19
01:02.0	282	01:24.0	238	01:46.0	194	02:08.0	150	02:30.0	106	02:52.0	62	03:14.0	18
01:02.5	281	01:24.5	237	01:46.5	193	02:08.5	149	02:30.5	105	02:52.5	61	03:14.5	17
01:03.0	280	<u>01:25.0</u>	236	01:47.0	192	02:09.0	148	02:31.0	104	02:53.0	60	<u>03:15.0</u>	16
01:03.5	279	01:25.5	235	01:47.5	191	02:09.5	147	02:31.5	103	02:53.5	59	03:15.5	15
01:04.0	278	01:26.0	234	01:48.0	190	<u>02:10.0</u>	146	02:32.0	102	02:54.0	58	03:16.0	14
01:04.5	277	01:26.5	233	01:48.5	189	02:10.5	145	02:32.5	101	02:54.5	57	03:16.5	13
<u>01:05.0</u>	276	01:27.0	232	01:49.0	188	02:11.0	144	02:33.0	100	02:55.0	56	03:17.0	12
01:05.5	275	01:27.5	231	01:49.5	187	02:11.5	143	02:33.5	99	02:55.5	55	03:17.5	11
01:06.0	274	01:28.0	230	<u>01:50.0</u>	186	02:12.0	142	02:34.0	98	02:56.0	54	03:18.0	10
01:06.5	273	01:28.5	229	01:50.5	185	02:12.5	141	02:34.5	97	02:56.5	53	03:18.5	9
01:07.0	272	01:29.0	228	01:51.0	184	02:13.0	140	<u>02:35.0</u>	96	02:57.0	52	03:19.0	8
01:07.5	271	01:29.5	227	01:51.5	183	02:13.5	139	02:35.5	95	02:57.5	51	03:19.5	7
01:08.0	270	<u>01:30.0</u>	226	01:52.0	182	02:14.0	138	02:36.0	94	02:58.0	50	03:20.0	6
01:08.5	269	01:30.5	225	01:52.5	181	02:14.5	137	02:36.5	93	02:58.5	49	03:20.5	5
01:09.0	268	01:31.0	224	01:53.0	180	<u>02:15.0</u>	136	02:37.0	92	02:59.0	48	03:21.0	4
01:09.5	267	01:31.5	223	01:53.5	179	02:15.5	135	02:37.5	91	02:59.5	47	03:21.5	3
<u>01:10.0</u>	266	01:32.0	222	01:54.0	178	02:16.0	134	02:38.0	90	<u>03:00.0</u>	46	03:22.0	2
01:10.5	265	01:32.5	221	01:54.5	177	02:16.5	133	02:38.5	89	03:00.5	45	03:22.5	1
01:11.0	264	01:33.0	220	<u>01:55.0</u>	176	02:17.0	132	02:39.0	88	03:01.0	44	03:23.0	0
01:11.5	263	01:33.5	219	01:55.5	175	02:17.5	131	02:39.5	87	03:01.5	43		



SWIMMING POINTS TABLE

Appendix 2C

Women: 60+ / 70+

min	pts	Min	pts	Min	pts	min	pts	min	pts	min	pts	min	pts
00:20.0	296	00:42.0	252	01:04.0	208	01:26.0	164	01:48.0	120	<u>02:10.0</u>	76	02:32.0	32
00:20.5	295	00:42.5	251	01:04.5	207	01:26.5	163	01:48.5	119	02:10.5	75	02:32.5	31
00:21.0	294	00:43.0	250	<u>01:05.0</u>	206	01:27.0	162	01:49.0	118	02:11.0	74	02:33.0	30
00:21.5	293	00:43.5	249	01:05.5	205	01:27.5	161	01:49.5	117	02:11.5	73	02:33.5	29
00:22.0	292	00:44.0	248	01:06.0	204	01:28.0	160	<u>01:50.0</u>	116	02:12.0	72	02:34.0	28
00:22.5	291	00:44.5	247	01:06.5	203	01:28.5	159	01:50.5	115	02:12.5	71	02:34.5	27
00:23.0	290	<u>00:45.0</u>	246	01:07.0	202	01:29.0	158	01:51.0	114	02:13.0	70	<u>02:35.0</u>	26
00:23.5	289	00:45.5	245	01:07.5	201	01:29.5	157	01:51.5	113	02:13.5	69	02:35.5	25
00:24.0	288	00:46.0	244	01:08.0	200	<u>01:30.0</u>	156	01:52.0	112	02:14.0	68	02:36.0	24
00:24.5	287	00:46.5	243	01:08.5	199	01:30.5	155	01:52.5	111	02:14.5	67	02:36.5	23
<u>00:25.0</u>	286	00:47.0	242	01:09.0	198	01:31.0	154	01:53.0	110	<u>02:15.0</u>	66	02:37.0	22
00:25.5	285	00:47.5	241	01:09.5	197	01:31.5	153	01:53.5	109	02:15.5	65	02:37.5	21
00:26.0	284	00:48.0	240	<u>01:10.0</u>	196	01:32.0	152	01:54.0	108	02:16.0	64	02:38.0	20
00:26.5	283	00:48.5	239	01:10.5	195	01:32.5	151	01:54.5	107	02:16.5	63	02:38.5	19
00:27.0	282	00:49.0	238	01:11.0	194	01:33.0	150	<u>01:55.0</u>	106	02:17.0	62	02:39.0	18
00:27.5	281	00:49.5	237	01:11.5	193	01:33.5	149	01:55.5	105	02:17.5	61	02:39.5	17
00:28.0	280	00:50.0	236	01:12.0	192	01:34.0	148	01:56.0	104	02:18.0	60	<u>02:40.0</u>	16
00:28.5	279	00:50.5	235	01:12.5	191	01:34.5	147	01:56.5	103	02:18.5	59	02:40.5	15
00:29.0	278	00:51.0	234	01:13.0	190	<u>01:35.0</u>	146	01:57.0	102	02:19.0	58	02:41.0	14
00:29.5	277	00:51.5	233	01:13.5	189	01:35.5	145	01:57.5	101	02:19.5	57	02:41.5	13
<u>00:30.0</u>	276	00:52.0	232	01:14.0	188	01:36.0	144	01:58.0	100	<u>02:20.0</u>	56	02:42.0	12
00:30.5	275	00:52.5	231	01:14.5	187	01:36.5	143	01:58.5	99	02:20.5	55	02:42.5	11
00:31.0	274	00:53.0	230	01:15.0	186	01:37.0	142	01:59.0	98	02:21.0	54	02:43.0	10
00:31.5	273	00:53.5	229	01:15.5	185	01:37.5	141	01:59.5	97	02:21.5	53	02:43.5	9
00:32.0	272	00:54.0	228	01:16.0	184	01:38.0	140	<u>02:00.0</u>	96	02:22.0	52	02:44.0	8
00:32.5	271	00:54.5	227	01:16.5	183	01:38.5	139	02:00.5	95	02:22.5	51	02:44.5	7
00:33.0	270	<u>00:55.0</u>	226	01:17.0	182	01:39.0	138	02:01.0	94	02:23.0	50	<u>02:45.0</u>	6
00:33.5	269	00:55.5	225	01:17.5	181	01:39.5	137	02:01.5	93	02:23.5	49	02:45.5	5
00:34.0	268	00:56.0	224	01:18.0	180	01:40.0	136	02:02.0	92	02:24.0	48	02:46.0	4
00:34.5	267	00:56.5	223	01:18.5	179	01:40.5	135	02:02.5	91	02:24.5	47	02:46.5	3
00:35.0	266	00:57.0	222	01:19.0	178	01:41.0	134	02:03.0	90	<u>02:25.0</u>	46	02:47.0	2
00:35.5	265	00:57.5	221	01:19.5	177	01:41.5	133	02:03.5	89	02:25.5	45	02:47.5	1
00:36.0	264	00:58.0	220	<u>01:20.0</u>	176	01:42.0	132	02:04.0	88	02:26.0	44	02:48.0	0
00:36.5	263	00:58.5	219	01:20.5	175	01:42.5	131	02:04.5	87	02:26.5	43		
00:37.0	262	00:59.0	218	01:21.0	174	01:43.0	130	02:05.0	86	02:27.0	42		
00:37.5	261	00:59.5	217	01:21.5	173	01:43.5	129	02:05.5	85	02:27.5	41		
00:38.0	260	<u>01:00.0</u>	216	01:22.0	172	01:44.0	128	02:06.0	84	02:28.0	40		
00:38.5	259	01:00.5	215	01:22.5	171	01:44.5	127	02:06.5	83	02:28.5	39		
00:39.0	258	01:01.0	214	01:23.0	170	<u>01:45.0</u>	126	02:07.0	82	02:29.0	38		
00:39.5	257	01:01.5	213	01:23.5	169	01:45.5	125	02:07.5	81	02:29.5	37		
00:40.0	256	01:02.0	212	01:24.0	168	01:46.0	124	02:08.0	80	02:30.0	36		
00:40.5	255	01:02.5	211	01:24.5	167	01:46.5	123	02:08.5	79	02:30.5	35		
00:41.0	254	01:03.0	210	<u>01:25.0</u>	166	01:47.0	122	02:09.0	78	02:31.0	34		
00:41.5	253	01:03.5	209	01:25.5	165	01:47.5	121	02:09.5	77	02:31.5	33		



SWIMMING POINTS TABLE

Appendix 2C

Men: 60+ / 70+

min	pts	Min	pts	Min	pts	min	pts	min	pts	min	pts	min	pts
00:20.0	286	00:40.5	245	01:01.0	204	01:21.5	163	01:42.0	122	02:02.5	81	02:23.0	40
00:20.5	285	00:41.0	244	01:01.5	203	01:22.0	162	01:42.5	121	02:03.0	80	02:23.5	39
00:21.0	284	00:41.5	243	01:02.0	202	01:22.5	161	01:43.0	120	02:03.5	79	02:24.0	38
00:21.5	283	00:42.0	242	01:02.5	201	01:23.0	160	01:43.5	119	02:04.0	78	02:24.5	37
00:22.0	282	00:42.5	241	01:03.0	200	01:23.5	159	01:44.0	118	02:04.5	77	<u>02:25.0</u>	36
00:22.5	281	00:43.0	240	01:03.5	199	01:24.0	158	01:44.5	117	02:05.0	76	02:25.5	35
00:23.0	280	00:43.5	239	01:04.0	198	01:24.5	157	<u>01:45.0</u>	116	02:05.5	75	02:26.0	34
00:23.5	279	00:44.0	238	01:04.5	197	<u>01:25.0</u>	156	01:45.5	115	02:06.0	74	02:26.5	33
00:24.0	278	00:44.5	237	<u>01:05.0</u>	196	01:25.5	155	01:46.0	114	02:06.5	73	02:27.0	32
00:24.5	277	<u>00:45.0</u>	236	01:05.5	195	01:26.0	154	01:46.5	113	02:07.0	72	02:27.5	31
<u>00:25.0</u>	276	00:45.5	235	01:06.0	194	01:26.5	153	01:47.0	112	02:07.5	71	02:28.0	30
00:25.5	275	00:46.0	234	01:06.5	193	01:27.0	152	01:47.5	111	02:08.0	70	02:28.5	29
00:26.0	274	00:46.5	233	01:07.0	192	01:27.5	151	01:48.0	110	02:08.5	69	02:29.0	28
00:26.5	273	00:47.0	232	01:07.5	191	01:28.0	150	01:48.5	109	02:09.0	68	02:29.5	27
00:27.0	272	00:47.5	231	01:08.0	190	01:28.5	149	01:49.0	108	02:09.5	67	02:30.0	26
00:27.5	271	00:48.0	230	01:08.5	189	01:29.0	148	01:49.5	107	<u>02:10.0</u>	66	02:30.5	25
00:28.0	270	00:48.5	229	01:09.0	188	01:29.5	147	<u>01:50.0</u>	106	02:10.5	65	02:31.0	24
00:28.5	269	00:49.0	228	01:09.5	187	<u>01:30.0</u>	146	01:50.5	105	02:11.0	64	02:31.5	23
00:29.0	268	00:49.5	227	<u>01:10.0</u>	186	01:30.5	145	01:51.0	104	02:11.5	63	02:32.0	22
00:29.5	267	00:50.0	226	01:10.5	185	01:31.0	144	01:51.5	103	02:12.0	62	02:32.5	21
<u>00:30.0</u>	266	00:50.5	225	01:11.0	184	01:31.5	143	01:52.0	102	02:12.5	61	02:33.0	20
00:30.5	265	00:51.0	224	01:11.5	183	01:32.0	142	01:52.5	101	02:13.0	60	02:33.5	19
00:31.0	264	00:51.5	223	01:12.0	182	01:32.5	141	01:53.0	100	02:13.5	59	02:34.0	18
00:31.5	263	00:52.0	222	01:12.5	181	01:33.0	140	01:53.5	99	02:14.0	58	02:34.5	17
00:32.0	262	00:52.5	221	01:13.0	180	01:33.5	139	01:54.0	98	02:14.5	57	<u>02:35.0</u>	16
00:32.5	261	00:53.0	220	01:13.5	179	01:34.0	138	01:54.5	97	<u>02:15.0</u>	56	02:35.5	15
00:33.0	260	00:53.5	219	01:14.0	178	01:34.5	137	<u>01:55.0</u>	96	02:15.5	55	02:36.0	14
00:33.5	259	00:54.0	218	01:14.5	177	<u>01:35.0</u>	136	01:55.5	95	02:16.0	54	02:36.5	13
00:34.0	258	00:54.5	217	01:15.0	176	01:35.5	135	01:56.0	94	02:16.5	53	02:37.0	12
00:34.5	257	<u>00:55.0</u>	216	01:15.5	175	01:36.0	134	01:56.5	93	02:17.0	52	02:37.5	11
00:35.0	256	00:55.5	215	01:16.0	174	01:36.5	133	01:57.0	92	02:17.5	51	02:38.0	10
00:35.5	255	00:56.0	214	01:16.5	173	01:37.0	132	01:57.5	91	02:18.0	50	02:38.5	9
00:36.0	254	00:56.5	213	01:17.0	172	01:37.5	131	01:58.0	90	02:18.5	49	02:39.0	8
00:36.5	253	00:57.0	212	01:17.5	171	01:38.0	130	01:58.5	89	02:19.0	48	02:39.5	7
00:37.0	252	00:57.5	211	01:18.0	170	01:38.5	129	01:59.0	88	02:19.5	47	<u>02:40.0</u>	6
00:37.5	251	00:58.0	210	01:18.5	169	01:39.0	128	01:59.5	87	<u>02:20.0</u>	46	02:40.5	5
00:38.0	250	00:58.5	209	01:19.0	168	01:39.5	127	<u>02:00.0</u>	86	02:20.5	45	02:41.0	4
00:38.5	249	00:59.0	208	01:19.5	167	01:40.0	126	02:00.5	85	02:21.0	44	02:41.5	3
00:39.0	248	00:59.5	207	<u>01:20.0</u>	166	01:40.5	125	02:01.0	84	02:21.5	43	02:42.0	2
00:39.5	247	<u>01:00.0</u>	206	01:20.5	165	01:41.0	124	02:01.5	83	02:22.0	42	02:42.5	1
00:40.0	246	01:00.5	205	01:21.0	164	01:41.5	123	02:02.0	82	02:22.5	41	02:43.0	0



RUNNING POINTS TABLE

Appendix 3A

Women: 30+ / 40+ / 50+

min	pts	min	pts	min	Pts	Min	pts	min	pts	min	pts	min	pts
06:53.0	347	07:39.0	302	08:25.0	255	09:11.0	209	09:57.0	163	10:43.0	117	11:29.0	71
06:54.0	347	07:40.0	301	08:26.0	254	09:12.0	208	09:58.0	162	10:44.0	116	11:30.0	70
06:55.0	346	07:41.0	300	08:27.0	253	09:13.0	207	09:59.0	161	10:45.0	115	11:31.0	69
06:56.0	345	07:42.0	299	08:28.0	252	09:14.0	206	10:00.0	160	10:46.0	114	11:32.0	68
06:57.0	344	07:43.0	298	08:29.0	251	09:15.0	205	10:01.0	159	10:47.0	113	11:33.0	67
06:58.0	343	07:44.0	297	08:30.0	250	09:16.0	204	10:02.0	158	10:48.0	112	11:34.0	66
06:59.0	342	07:45.0	296	08:31.0	249	09:17.0	203	10:03.0	157	10:49.0	111	11:35.0	65
07:00.0	341	07:46.0	294	08:32.0	248	09:18.0	202	10:04.0	156	10:50.0	110	11:36.0	64
07:01.0	340	07:47.0	293	08:33.0	247	09:19.0	201	10:05.0	155	10:51.0	109	11:37.0	63
07:02.0	339	07:48.0	292	08:34.0	246	09:20.0	200	10:06.0	154	10:52.0	108	11:38.0	62
07:03.0	338	07:49.0	291	08:35.0	245	09:21.0	199	10:07.0	153	10:53.0	107	11:39.0	61
07:04.0	337	07:50.0	290	08:36.0	244	09:22.0	198	10:08.0	152	10:54.0	106	11:40.0	60
07:05.0	336	07:51.0	289	08:37.0	243	09:23.0	197	10:09.0	151	10:55.0	105	11:41.0	59
07:06.0	335	07:52.0	288	08:38.0	242	09:24.0	196	10:10.0	150	10:56.0	104	11:42.0	58
07:07.0	334	07:53.0	287	08:39.0	241	09:25.0	195	10:11.0	149	10:57.0	103	11:43.0	57
07:08.0	333	07:54.0	286	08:40.0	240	09:26.0	194	10:12.0	148	10:58.0	102	11:44.0	56
07:09.0	332	07:55.0	285	08:41.0	239	09:27.0	193	10:13.0	147	10:59.0	101	11:45.0	55
07:10.0	331	07:56.0	284	08:42.0	238	09:28.0	192	10:14.0	146	11:00.0	100	11:46.0	54
07:11.0	330	07:57.0	283	08:43.0	237	09:29.0	191	10:15.0	145	11:01.0	99	11:47.0	53
07:12.0	329	07:58.0	282	08:44.0	236	09:30.0	190	10:16.0	144	11:02.0	98	11:48.0	52
07:13.0	328	07:59.0	281	08:45.0	235	09:31.0	189	10:17.0	143	11:03.0	97	11:49.0	51
07:14.0	327	08:00.0	280	08:46.0	234	09:32.0	188	10:18.0	142	11:04.0	96	11:50.0	50
07:15.0	326	08:01.0	279	08:47.0	233	09:33.0	187	10:19.0	141	11:05.0	95	11:51.0	49
07:16.0	325	08:02.0	278	08:48.0	232	09:34.0	186	10:20.0	140	11:06.0	94	11:52.0	48
07:17.0	324	08:03.0	277	08:49.0	231	09:35.0	185	10:21.0	139	11:07.0	93	11:53.0	47
07:18.0	323	08:04.0	276	08:50.0	230	09:36.0	184	10:22.0	138	11:08.0	92	11:54.0	46
07:19.0	322	08:05.0	275	08:51.0	229	09:37.0	183	10:23.0	137	11:09.0	91	11:55.0	45
07:20.0	321	08:06.0	274	08:52.0	228	09:38.0	182	10:24.0	136	11:10.0	90	11:56.0	44
07:21.0	320	08:07.0	273	08:53.0	227	09:39.0	181	10:25.0	135	11:11.0	89	11:57.0	43
07:22.0	319	08:08.0	272	08:54.0	226	09:40.0	180	10:26.0	134	11:12.0	88	11:58.0	42
07:23.0	318	08:09.0	271	08:55.0	225	09:41.0	179	10:27.0	133	11:13.0	87	11:59.0	41
07:24.0	317	08:10.0	270	08:56.0	224	09:42.0	178	10:28.0	132	11:14.0	86	12:00.0	40
07:25.0	316	08:11.0	269	08:57.0	223	09:43.0	177	10:29.0	131	11:15.0	85	12:01.0	39
07:26.0	315	08:12.0	268	08:58.0	222	09:44.0	176	10:30.0	130	11:16.0	84	12:02.0	38
07:27.0	314	08:13.0	267	08:59.0	221	09:45.0	175	10:31.0	129	11:17.0	83	12:03.0	37
07:28.0	313	08:14.0	266	09:00.0	220	09:46.0	174	10:32.0	128	11:18.0	82	12:04.0	36
07:29.0	312	08:15.0	265	09:01.0	219	09:47.0	173	10:33.0	127	11:19.0	81	12:05.0	35
07:30.0	311	08:16.0	264	09:02.0	218	09:48.0	172	10:34.0	126	11:20.0	80	12:06.0	34
07:31.0	310	08:17.0	263	09:03.0	217	09:49.0	171	10:35.0	125	11:21.0	79	12:07.0	33
07:32.0	309	08:18.0	262	09:04.0	216	09:50.0	170	10:36.0	124	11:22.0	78	12:08.0	32
07:33.0	308	08:19.0	261	09:05.0	215	09:51.0	169	10:37.0	123	11:23.0	77	12:09.0	31
07:34.0	307	08:20.0	260	09:06.0	214	09:52.0	168	10:38.0	122	11:24.0	76	12:10.0	30
07:35.0	306	08:21.0	259	09:07.0	213	09:53.0	167	10:39.0	121	11:25.0	75	12:09.0	29
07:36.0	305	08:22.0	258	09:08.0	212	09:54.0	166	10:40.0	120	11:26.0	74	12:08.0	28
07:37.0	304	08:23.0	257	09:09.0	211	09:55.0	165	10:41.0	119	11:27.0	73	12:07.0	27
07:38.0	303	08:24.0	256	09:10.0	210	09:56.0	164	10:42.0	118	11:28.0	72	12:06.0	26



RUNNING POINTS TABLE

Appendix 3B

Men: 30+ / 40+ / 50+

min	pts	min	pts	min	Pts	min	pts	Min	pts	min	pts	min	pts
05:54.0	359	06:41.0	312	07:28.0	265	08:15.0	220	09:02.0	173	09:49.0	126	10:36.0	79
05:55.0	358	06:42.0	311	07:29.0	264	08:16.0	219	09:03.0	172	09:50.0	125	10:37.0	78
05:56.0	357	06:43.0	310	07:30.0	263	08:17.0	218	09:04.0	171	09:51.0	124	10:38.0	77
05:57.0	356	06:44.0	309	07:31.0	262	08:18.0	217	09:05.0	170	09:52.0	123	10:39.0	76
05:58.0	355	06:45.0	308	07:32.0	261	08:19.0	216	09:06.0	169	09:53.0	122	10:40.0	75
05:59.0	354	06:46.0	307	07:33.0	260	08:20.0	215	09:07.0	168	09:54.0	121	10:41.0	74
06:00.0	353	06:47.0	306	07:34.0	259	08:21.0	214	09:08.0	167	09:55.0	120	10:42.0	73
06:01.0	352	06:48.0	305	07:35.0	258	08:22.0	213	09:09.0	166	09:56.0	119	10:43.0	72
06:02.0	351	06:49.0	304	07:36.0	257	08:23.0	212	09:10.0	165	09:57.0	118	10:44.0	71
06:03.0	350	06:50.0	303	07:37.0	256	08:24.0	211	09:11.0	164	09:58.0	117	10:45.0	70
06:04.0	349	06:51.0	302	07:38.0	255	08:25.0	210	09:12.0	163	09:59.0	116	10:46.0	69
06:05.0	348	06:52.0	301	07:39.0	254	08:26.0	209	09:13.0	162	10:00.0	115	10:47.0	68
06:06.0	347	06:53.0	300	07:40.0	253	08:27.0	208	09:14.0	161	10:01.0	114	10:48.0	67
06:07.0	346	06:54.0	299	07:41.0	252	08:28.0	207	09:15.0	160	10:02.0	113	10:49.0	66
06:08.0	345	06:55.0	298	07:42.0	253	08:29.0	206	09:16.0	159	10:03.0	112	10:50.0	65
06:09.0	344	06:56.0	297	07:43.0	252	08:30.0	205	09:17.0	158	10:04.0	111	10:51.0	64
06:10.0	343	06:57.0	296	07:44.0	251	08:31.0	204	09:18.0	157	10:05.0	110	10:52.0	63
06:11.0	342	06:58.0	295	07:45.0	250	08:32.0	203	09:19.0	156	10:06.0	109	10:53.0	62
06:12.0	341	06:59.0	294	07:46.0	249	08:33.0	202	09:20.0	155	10:07.0	108	10:54.0	61
06:13.0	340	07:00.0	293	07:47.0	248	08:34.0	201	09:21.0	154	10:08.0	107	10:55.0	60
06:14.0	339	07:01.0	292	07:48.0	247	08:35.0	200	09:22.0	153	10:09.0	106	10:56.0	59
06:15.0	338	07:02.0	291	07:49.0	246	08:36.0	199	09:23.0	152	10:10.0	105	10:57.0	58
06:16.0	337	07:03.0	290	07:50.0	245	08:37.0	198	09:24.0	151	10:11.0	104	10:58.0	57
06:17.0	336	07:04.0	289	07:51.0	244	08:38.0	197	09:25.0	150	10:12.0	103	10:59.0	56
06:18.0	335	07:05.0	288	07:52.0	243	08:39.0	196	09:26.0	149	10:13.0	102	11:00.0	55
06:19.0	334	07:06.0	287	07:53.0	242	08:40.0	195	09:27.0	148	10:14.0	101	11:01.0	54
06:20.0	333	07:07.0	286	07:54.0	241	08:41.0	194	09:28.0	147	10:15.0	100	11:02.0	53
06:21.0	332	07:08.0	285	07:55.0	240	08:42.0	193	09:29.0	146	10:16.0	99	11:03.0	52
06:22.0	331	07:09.0	284	07:56.0	239	08:43.0	192	09:30.0	145	10:17.0	98	11:04.0	51
06:23.0	330	07:10.0	283	07:57.0	238	08:44.0	191	09:31.0	144	10:18.0	97	11:05.0	50
06:24.0	329	07:11.0	282	07:58.0	237	08:45.0	190	09:32.0	143	10:19.0	96	11:06.0	49
06:25.0	328	07:12.0	281	07:59.0	236	08:46.0	189	09:33.0	142	10:20.0	95	11:07.0	48
06:26.0	327	07:13.0	280	08:00.0	235	08:47.0	188	09:34.0	141	10:21.0	94	11:08.0	47
06:27.0	326	07:14.0	279	08:01.0	234	08:48.0	187	09:35.0	140	10:22.0	93	11:09.0	46
06:28.0	325	07:15.0	278	08:02.0	233	08:49.0	186	09:36.0	139	10:23.0	92	11:10.0	45
06:29.0	324	07:16.0	277	08:03.0	232	08:50.0	185	09:37.0	138	10:24.0	91	11:11.0	44
06:30.0	323	07:17.0	276	08:04.0	231	08:51.0	184	09:38.0	137	10:25.0	90	11:12.0	43
06:31.0	322	07:18.0	275	08:05.0	230	08:52.0	183	09:39.0	136	10:26.0	89	11:13.0	42
06:32.0	321	07:19.0	274	08:06.0	229	08:53.0	182	09:40.0	135	10:27.0	88	11:14.0	41
06:33.0	320	07:20.0	273	08:07.0	228	08:54.0	181	09:41.0	134	10:28.0	87	11:15.0	40
06:34.0	319	07:21.0	272	08:08.0	227	08:55.0	180	09:42.0	133	10:29.0	86	11:16.0	39
06:35.0	318	07:22.0	271	08:09.0	226	08:56.0	179	09:43.0	132	10:30.0	85	11:17.0	38
06:36.0	317	07:23.0	270	08:10.0	225	08:57.0	178	09:44.0	131	10:31.0	84	11:18.0	37
06:37.0	316	07:24.0	269	08:11.0	224	08:58.0	177	09:45.0	130	10:32.0	83	11:19.0	36
06:38.0	315	07:25.0	268	08:12.0	223	08:59.0	176	09:46.0	129	10:33.0	82	11:20.0	35
06:39.0	314	07:26.0	267	08:13.0	222	09:00.0	175	09:47.0	128	10:34.0	81	11:21.0	34
06:40.0	313	07:27.0	266	08:14.0	221	09:01.0	174	09:48.0	127	10:35.0	80	11:22.0	33



RUNNING POINTS TABLE

Appendix 3C

Women: 60+ / 70+

time	pts	time	pts	time	pts	time	pts	time	pts	time	pts	time	pts
03:20	320	04:00	280	04:40	240	05:20	200	06:00	160	06:40	120	07:20	80
03:21	319	04:01	279	04:41	239	05:21	199	06:01	159	06:41	119	07:21	79
03:22	318	04:02	278	04:42	238	05:22	198	06:02	158	06:42	118	07:22	78
03:23	317	04:03	277	04:43	237	05:23	197	06:03	157	06:43	117	07:23	77
03:24	316	04:04	276	04:44	236	05:24	196	06:04	156	06:44	116	07:24	76
03:25	315	04:05	275	04:45	235	05:25	195	06:05	155	06:45	115	07:25	75
03:26	314	04:06	274	04:46	234	05:26	194	06:06	154	06:46	114	07:26	74
03:27	313	04:07	273	04:47	233	05:27	193	06:07	153	06:47	113	07:27	73
03:28	312	04:08	272	04:48	232	05:28	192	06:08	152	06:48	112	07:28	72
03:29	311	04:09	271	04:49	231	05:29	191	06:09	151	06:49	111	07:29	71
03:30	310	04:10	270	04:50	230	05:30	190	06:10	150	06:50	110	07:30	70
03:31	309	04:11	269	04:51	229	05:31	189	06:11	149	06:51	109	07:31	69
03:32	308	04:12	268	04:52	228	05:32	188	06:12	148	06:52	108	07:32	68
03:33	307	04:13	267	04:53	227	05:33	187	06:13	147	06:53	107	07:33	67
03:34	306	04:14	266	04:54	226	05:34	186	06:14	146	06:54	106	07:34	66
03:35	305	04:15	265	04:55	225	05:35	185	06:15	145	06:55	105	07:35	65
03:36	304	04:16	264	04:56	224	05:36	184	06:16	144	06:56	104	07:36	64
03:37	303	04:17	263	04:57	223	05:37	183	06:17	143	06:57	103	07:37	63
03:38	302	04:18	262	04:58	222	05:38	182	06:18	142	06:58	102	07:38	62
03:39	301	04:19	261	04:59	221	05:39	181	06:19	141	06:59	101	07:39	61
03:40	300	04:20	260	05:00	220	05:40	180	06:20	140	07:00	100	07:40	60
03:41	299	04:21	259	05:01	219	05:41	179	06:21	139	07:01	99	07:41	59
03:42	298	04:22	258	05:02	218	05:42	178	06:22	138	07:02	98	07:42	58
03:43	297	04:23	257	05:03	217	05:43	177	06:23	137	07:03	97	07:43	57
03:44	296	04:24	256	05:04	216	05:44	176	06:24	136	07:04	96	07:44	56
03:45	295	04:25	255	05:05	215	05:45	175	06:25	135	07:05	95	07:45	55
03:46	294	04:26	254	05:06	214	05:46	174	06:26	134	07:06	94	07:46	54
03:47	293	04:27	253	05:07	213	05:47	173	06:27	133	07:07	93	07:47	53
03:48	292	04:28	252	05:08	212	05:48	172	06:28	132	07:08	92	07:48	52
03:49	291	04:29	251	05:09	211	05:49	171	06:29	131	07:09	91	07:49	51
03:50	290	04:30	250	05:10	210	05:50	170	06:30	130	07:10	90	07:50	50
03:51	289	04:31	249	05:11	209	05:51	169	06:31	129	07:11	89	07:51	49
03:52	288	04:32	248	05:12	208	05:52	168	06:32	128	07:12	88	07:52	48
03:53	287	04:33	247	05:13	207	05:53	167	06:33	127	07:13	87	07:53	47
03:54	286	04:34	246	05:14	206	05:54	166	06:34	126	07:14	86	07:54	46
03:55	285	04:35	245	05:15	205	05:55	165	06:35	125	07:15	85	07:55	45
03:56	284	04:36	244	05:16	204	05:56	164	06:36	124	07:16	84	07:56	44
03:57	283	04:37	243	05:17	203	05:57	163	06:37	123	07:17	83	07:57	43
03:58	282	04:38	242	05:18	202	05:58	162	06:38	122	07:18	82	07:58	42
03:59	281	04:39	241	05:19	201	05:59	161	06:39	121	07:19	81	07:59	41

**RUNNING POINTS TABLE****Appendix 3D****Men: 60+ / 70+**

time	pts	time	pts	time	pts	time	pts	time	pts	time	pts
02:40	330	03:30	280	04:20	230	05:10	180	06:00	130	06:50	80
02:41	329	03:31	279	04:21	229	05:11	179	06:01	129	06:51	79
02:42	328	03:32	278	04:22	228	05:12	178	06:02	128	06:52	78
02:43	327	03:33	277	04:23	227	05:13	177	06:03	127	06:53	77
02:44	326	03:34	276	04:24	226	05:14	176	06:04	126	06:54	76
02:45	325	03:35	275	04:25	225	05:15	175	06:05	125	06:55	75
02:46	324	03:36	274	04:26	224	05:16	174	06:06	124	06:56	74
02:47	323	03:37	273	04:27	223	05:17	173	06:07	123	06:57	73
02:48	322	03:38	272	04:28	222	05:18	172	06:08	122	06:58	72
02:49	321	03:39	271	04:29	221	05:19	171	06:09	121	06:59	71
02:50	320	03:40	270	04:30	220	05:20	170	06:10	120	07:00	70
02:51	319	03:41	269	04:31	219	05:21	169	06:11	119	07:01	69
02:52	318	03:42	268	04:32	218	05:22	168	06:12	118	07:02	68
02:53	317	03:43	267	04:33	217	05:23	167	06:13	117	07:03	67
02:54	316	03:44	266	04:34	216	05:24	166	06:14	116	07:04	66
02:55	315	03:45	265	04:35	215	05:25	165	06:15	115	07:05	65
02:56	314	03:46	264	04:36	214	05:26	164	06:16	114	07:06	64
02:57	313	03:47	263	04:37	213	05:27	163	06:17	113	07:07	63
02:58	312	03:48	262	04:38	212	05:28	162	06:18	112	07:08	62
02:59	311	03:49	261	04:39	211	05:29	161	06:19	111	07:09	61
03:00	310	03:50	260	04:40	210	05:30	160	06:20	110	07:10	60
03:01	309	03:51	259	04:41	209	05:31	159	06:21	109	07:11	59
03:02	308	03:52	258	04:42	208	05:32	158	06:22	108	07:12	58
03:03	307	03:53	257	04:43	207	05:33	157	06:23	107	07:13	57
03:04	306	03:54	256	04:44	206	05:34	156	06:24	106	07:14	56
03:05	305	03:55	255	04:45	205	05:35	155	06:25	105	07:15	55
03:06	304	03:56	254	04:46	204	05:36	154	06:26	104	07:16	54
03:07	303	03:57	253	04:47	203	05:37	153	06:27	103	07:17	53
03:08	302	03:58	252	04:48	202	05:38	152	06:28	102	07:18	52
03:09	301	03:59	251	04:49	201	05:39	151	06:29	101	07:19	51
03:10	300	04:00	250	04:50	200	05:40	150	06:30	100	07:20	50
03:11	299	04:01	249	04:51	199	05:41	149	06:31	99	07:21	49
03:12	298	04:02	248	04:52	198	05:42	148	06:32	98	07:22	48
03:13	297	04:03	247	04:53	197	05:43	147	06:33	97	07:23	47
03:14	296	04:04	246	04:54	196	05:44	146	06:34	96	07:24	46
03:15	295	04:05	245	04:55	195	05:45	145	06:35	95	07:25	45
03:16	294	04:06	244	04:56	194	05:46	144	06:36	94	07:26	44
03:17	293	04:07	243	04:57	193	05:47	143	06:37	93	07:27	43
03:18	292	04:08	242	04:58	192	05:48	142	06:38	92	07:28	42
03:19	291	04:09	241	04:59	191	05:49	141	06:39	91	07:29	41
03:20	290	04:10	240	05:00	190	05:50	140	06:40	90	07:30	40
03:21	289	04:11	239	05:01	189	05:51	139	06:41	89	07:31	39
03:22	288	04:12	238	05:02	188	05:52	138	06:42	88	07:32	38
03:23	287	04:13	237	05:03	187	05:53	137	06:43	87	07:33	37
03:24	286	04:14	236	05:04	186	05:54	136	06:44	86	07:34	36
03:25	285	04:15	235	05:05	185	05:55	135	06:45	85	07:35	35
03:26	284	04:16	234	05:06	184	05:56	134	06:46	84	07:36	34
03:27	283	04:17	233	05:07	183	05:57	133	06:47	83	07:37	33
03:28	282	04:18	232	05:08	182	05:58	132	06:48	82	07:38	32
03:29	281	04:19	231	05:09	181	05:59	131	06:49	81	07:39	31

**COMBINED EVENT POINTS TABLE****Appendix 4A****Individual Men/Women: 30+ / 40+ / 50+**

time	pts	time	pts	time	pts	time	pts	time	pts	time	pts
09:50	600	10:30	560	11:10	520	11:50	480	12:30	440	13:10	400
09:51	599	10:31	559	11:11	519	11:51	479	12:31	439	13:11	399
09:52	598	10:32	558	11:12	518	11:52	478	12:32	438	13:12	398
09:53	597	10:33	557	11:13	517	11:53	477	12:33	437	13:13	397
09:54	596	10:34	556	11:14	516	11:54	476	12:34	436	13:14	396
09:55	595	10:35	555	11:15	515	11:55	475	12:35	435	13:15	395
09:56	594	10:36	554	11:16	514	11:56	474	12:36	434	13:16	394
09:57	593	10:37	553	11:17	513	11:57	473	12:37	433	13:17	393
09:58	592	10:38	552	11:18	512	11:58	472	12:38	432	13:18	392
09:59	591	10:39	551	11:19	511	11:59	471	12:39	431	13:19	391
10:00	590	10:40	550	11:20	510	12:00	470	12:40	430	13:20	390
10:01	589	10:41	549	11:21	509	12:01	469	12:41	429	13:21	389
10:02	588	10:42	548	11:22	508	12:02	468	12:42	428	13:22	388
10:03	587	10:43	547	11:23	507	12:03	467	12:43	427	13:23	387
10:04	586	10:44	546	11:24	506	12:04	466	12:44	426	13:24	386
10:05	585	10:45	545	11:25	505	12:05	465	12:45	425	13:25	385
10:06	584	10:46	544	11:26	504	12:06	464	12:46	424	13:26	384
10:07	583	10:47	543	11:27	503	12:07	463	12:47	423	13:27	383
10:08	582	10:48	542	11:28	502	12:08	462	12:48	422	13:28	382
10:09	581	10:49	541	11:29	501	12:09	461	12:49	421	13:29	381
10:10	580	10:50	540	11:30	500	12:10	460	12:50	420	13:30	380
10:11	579	10:51	539	11:31	499	12:11	459	12:51	419	13:31	379
10:12	578	10:52	538	11:32	498	12:12	458	12:52	418	13:32	378
10:13	577	10:53	537	11:33	497	12:13	457	12:53	417	13:33	377
10:14	576	10:54	536	11:34	496	12:14	456	12:54	416	13:34	376
10:15	575	10:55	535	11:35	495	12:15	455	12:55	415	13:35	375
10:16	574	10:56	534	11:36	494	12:16	454	12:56	414	13:36	374
10:17	573	10:57	533	11:37	493	12:17	453	12:57	413	13:37	373
10:18	572	10:58	532	11:38	492	12:18	452	12:58	412	13:38	372
10:19	571	10:59	531	11:39	491	12:19	451	12:59	411	13:39	371
10:20	570	11:00	530	11:40	490	12:20	450	13:00	410	13:40	370
10:21	569	11:01	529	11:41	489	12:21	449	13:01	409	13:41	369
10:22	568	11:02	528	11:42	488	12:22	448	13:02	408	13:42	368
10:23	567	11:03	527	11:43	487	12:23	447	13:03	407	13:43	367
10:24	566	11:04	526	11:44	486	12:24	446	13:04	406	13:44	366
10:25	565	11:05	525	11:45	485	12:25	445	13:05	405	13:45	365
10:26	564	11:06	524	11:46	484	12:26	444	13:06	404	13:46	364
10:27	563	11:07	523	11:47	483	12:27	443	13:07	403	13:47	363
10:28	562	11:08	522	11:48	482	12:28	442	13:08	402	13:48	362
10:29	561	11:09	521	11:49	481	12:29	441	13:09	401	13:49	361



COMBINED EVENT POINTS TABLE

Appendix 4B

Individual Men/Women: 60+ / 70+

time	pts	time	pts	Time	pts	time	pts	time	pts	time	pts	time	pts
03:20	620	04:00	580	04:40	540	05:20	500	06:00	460	06:40	420	07:20	380
03:21	619	04:01	579	04:41	539	05:21	499	06:01	459	06:41	419	07:21	379
03:22	618	04:02	578	04:42	538	05:22	498	06:02	458	06:42	418	07:22	378
03:23	617	04:03	577	04:43	537	05:23	497	06:03	457	06:43	417	07:23	377
03:24	616	04:04	576	04:44	536	05:24	496	06:04	456	06:44	416	07:24	376
03:25	615	04:05	575	04:45	535	05:25	495	06:05	455	06:45	415	07:25	375
03:26	614	04:06	574	04:46	534	05:26	494	06:06	454	06:46	414	07:26	374
03:27	613	04:07	573	04:47	533	05:27	493	06:07	453	06:47	413	07:27	373
03:28	612	04:08	572	04:48	532	05:28	492	06:08	452	06:48	412	07:28	372
03:29	611	04:09	571	04:49	531	05:29	491	06:09	451	06:49	411	07:29	371
03:30	610	04:10	570	04:50	530	05:30	490	06:10	450	06:50	410	07:30	370
03:31	609	04:11	569	04:51	529	05:31	489	06:11	449	06:51	409	07:31	369
03:32	608	04:12	568	04:52	528	05:32	488	06:12	448	06:52	408	07:32	368
03:33	607	04:13	567	04:53	527	05:33	487	06:13	447	06:53	407	07:33	367
03:34	606	04:14	566	04:54	526	05:34	486	06:14	446	06:54	406	07:34	366
03:35	605	04:15	565	04:55	525	05:35	485	06:15	445	06:55	405	07:35	365
03:36	604	04:16	564	04:56	524	05:36	484	06:16	444	06:56	404	07:36	364
03:37	603	04:17	563	04:57	523	05:37	483	06:17	443	06:57	403	07:37	363
03:38	602	04:18	562	04:58	522	05:38	482	06:18	442	06:58	402	07:38	362
03:39	601	04:19	561	04:59	521	05:39	481	06:19	441	06:59	401	07:39	361
03:40	600	04:20	560	05:00	520	05:40	480	06:20	440	07:00	400	07:40	360
03:41	599	04:21	559	05:01	519	05:41	479	06:21	439	07:01	399	07:41	359
03:42	598	04:22	558	05:02	518	05:42	478	06:22	438	07:02	398	07:42	358
03:43	597	04:23	557	05:03	517	05:43	477	06:23	437	07:03	397	07:43	357
03:44	596	04:24	556	05:04	516	05:44	476	06:24	436	07:04	396	07:44	356
03:45	595	04:25	555	05:05	515	05:45	475	06:25	435	07:05	395	07:45	355
03:46	594	04:26	554	05:06	514	05:46	474	06:26	434	07:06	394	07:46	354
03:47	593	04:27	553	05:07	513	05:47	473	06:27	433	07:07	393	07:47	353
03:48	592	04:28	552	05:08	512	05:48	472	06:28	432	07:08	392	07:48	352
03:49	591	04:29	551	05:09	511	05:49	471	06:29	431	07:09	391	07:49	351
03:50	590	04:30	550	05:10	510	05:50	470	06:30	430	07:10	390	07:50	350
03:51	589	04:31	549	05:11	509	05:51	469	06:31	429	07:11	389	07:51	349
03:52	588	04:32	548	05:12	508	05:52	468	06:32	428	07:12	388	07:52	348
03:53	587	04:33	547	05:13	507	05:53	467	06:33	427	07:13	387	07:53	347
03:54	586	04:34	546	05:14	506	05:54	466	06:34	426	07:14	386	07:54	346
03:55	585	04:35	545	05:15	505	05:55	465	06:35	425	07:15	385	07:55	345
03:56	584	04:36	544	05:16	504	05:56	464	06:36	424	07:16	384	07:56	344
03:57	583	04:37	543	05:17	503	05:57	463	06:37	423	07:17	383	07:57	343
03:58	582	04:38	542	05:18	502	05:58	462	06:38	422	07:18	382	07:58	342
03:59	581	04:39	541	05:19	501	05:59	461	06:39	421	07:19	381	07:59	341