

**Point Table:**

Points	Swimming 400m	Running 3000m
100	0:04:00	0:08:55
99	0:04:05	0:09:00
98	0:04:10	0:09:05
97	0:04:15	0:09:10
96	0:04:20	0:09:15
95	0:04:25	0:09:20
94	0:04:30	0:09:25
93	0:04:35	0:09:30
92	0:04:40	0:09:35
91	0:04:45	0:09:40
90	0:04:50	0:09:45
89	0:04:55	0:09:50
88	0:05:00	0:09:55
87	0:05:05	0:10:00
86	0:05:10	0:10:05
85	0:05:15	0:10:10
84	0:05:20	0:10:15
83	0:05:25	0:10:20
82	0:05:30	0:10:25
81	0:05:35	0:10:30
80	0:05:40	0:10:35
79	0:05:45	0:10:40
78	0:05:50	0:10:45
77	0:05:55	0:10:50
76	0:06:00	0:10:55
75	0:06:05	0:11:00
74	0:06:10	0:11:05
73	0:06:15	0:11:10
72	0:06:20	0:11:15
71	0:06:25	0:11:20
70	0:06:30	0:11:25
69	0:06:35	0:11:30
68	0:06:40	0:11:35
67	0:06:45	0:11:40
66	0:06:50	0:11:45
65	0:06:55	0:11:50
64	0:07:00	0:11:55
63	0:07:05	0:12:00
62	0:07:10	0:12:05
61	0:07:15	0:12:10
60	0:07:20	0:12:15
59	0:07:25	0:12:20
58	0:07:30	0:12:25
57	0:07:35	0:12:30
56	0:07:40	0:12:35
55	0:07:45	0:12:40
54	0:07:50	0:12:45
53	0:07:55	0:12:50
52	0:08:00	0:12:55
51	0:08:05	0:13:00
50	0:08:10	0:13:05

49	0:08:15	0:13:10
48	0:08:20	0:13:15
47	0:08:25	0:13:20
46	0:08:30	0:13:25
45	0:08:35	0:13:30
44	0:08:40	0:13:35
43	0:08:45	0:13:40
42	0:08:50	0:13:45
41	0:08:55	0:13:50
40	0:09:00	0:13:55
39	0:09:05	0:14:00
38	0:09:10	0:14:05
37	0:09:15	0:14:10
36	0:09:20	0:14:15
35	0:09:25	0:14:20
34	0:09:30	0:14:25
33	0:09:35	0:14:30
32	0:09:40	0:14:35
31	0:09:45	0:14:40
30	0:09:50	0:14:45
29	0:09:55	0:14:50
28	0:10:00	0:14:55
27	0:10:05	0:15:00
26	0:10:10	0:15:05
25	0:10:15	0:15:10
24	0:10:20	0:15:15
23	0:10:25	0:15:20
22	0:10:30	0:15:25
21	0:10:35	0:15:30
20	0:10:40	0:15:35
19	0:10:45	0:15:40
18	0:10:50	0:15:45
17	0:10:55	0:15:50
16	0:11:00	0:15:55
15	0:11:05	0:16:00
14	0:11:10	0:16:05
13	0:11:15	0:16:10
12	0:11:20	0:16:15
11	0:11:25	0:16:20
10	0:11:30	0:16:25
09	0:11:35	0:16:30
08	0:11:40	0:16:35
07	0:11:45	0:16:40
06	0:11:50	0:16:45
05	0:11:55	0:16:50
04	0:12:00	0:16:55
03	0:12:05	0:17:00
02	0:12:10	0:17:05
01	0:12:15	0:17:10