

**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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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.

\* 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.