

**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						

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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.