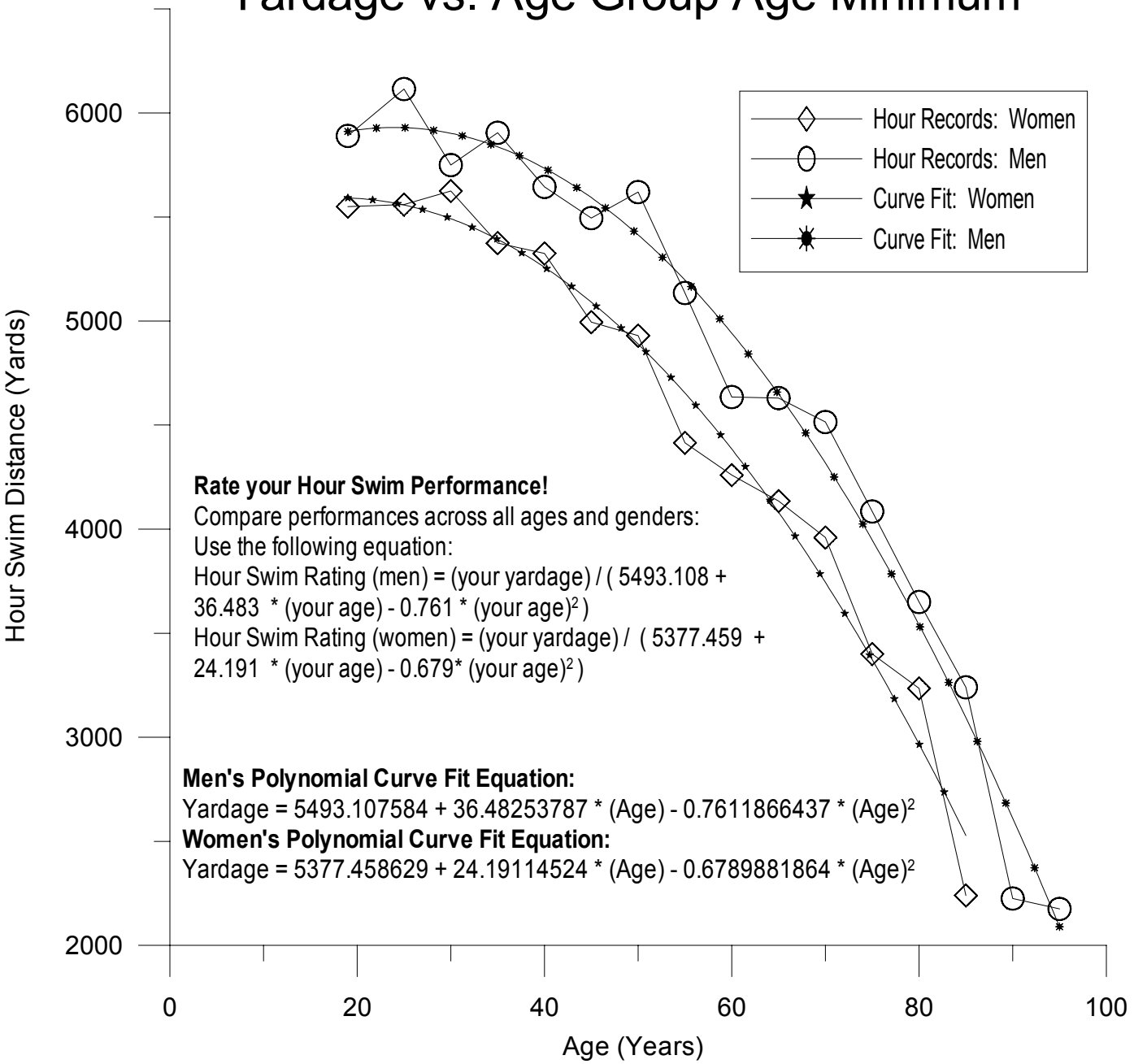
2003 Hour Swim Age Group Record Yardage vs. Age Group Age Minimum



Rate your Hour Swim Performance!
Compare performances across all ages and genders:
Use the following equation:
Hour Swim Rating (men) = (your yardage) / (5493.108 + 36.483 * (your age) - 0.761 * (your age)^2)
Hour Swim Rating (women) = (your yardage) / (5377.459 + 24.191 * (your age) - 0.679* (your age)^2)

Men's Polynomial Curve Fit Equation:
Yardage = 5493.107584 + 36.48253787 * (Age) - 0.7611866437 * (Age)^2
Women's Polynomial Curve Fit Equation:
Yardage = 5377.458629 + 24.19114524 * (Age) - 0.6789881864 * (Age)^2