

## **APPENDIX 10. MASTERS HANDICAP TABLES**

### **Men's Events**

<b>M1x</b>													
<b>Cat.</b>	<b>Time (Seconds)</b>												
<b>A</b>	136	106	85	68	52	37	27	19	14	9	5	1	0
<b>B</b>	135	105	84	67	51	36	26	18	13	8	4	0	
<b>C</b>	131	101	80	63	47	32	22	14	9	4	0		
<b>D</b>	127	97	76	59	43	28	18	10	5	0			
<b>E</b>	122	92	71	54	38	23	13	5	0				
<b>F</b>	117	87	66	49	33	18	8	0					
<b>G</b>	109	79	58	41	25	10	0						
<b>H</b>	99	69	48	31	15	0							
<b>I</b>	84	54	33	16	0								
<b>J</b>	68	38	17	0									
<b>K</b>	51	21	0										
<b>L</b>	30	0											
<b>M</b>	0												

<b>M2-</b>													
<b>Cat.</b>	<b>Time (Seconds)</b>												
<b>A</b>	133	104	83	67	51	37	27	19	13	9	5	1	0
<b>B</b>	132	103	82	66	50	36	26	18	12	8	4	0	
<b>C</b>	128	99	78	62	46	32	22	14	8	4	0		
<b>D</b>	124	95	74	58	42	28	18	10	4	0			
<b>E</b>	120	91	70	54	38	24	14	6	0				
<b>F</b>	114	85	64	48	32	18	8	0					
<b>G</b>	106	77	56	40	24	10	0						
<b>H</b>	96	67	46	30	14	0							
<b>I</b>	82	53	32	16	0								
<b>J</b>	66	37	16	0									
<b>K</b>	50	21	0										
<b>L</b>	29	0											
<b>M</b>	0												

M2x													
Cat.	Time (Seconds)												
A	126	99	79	63	48	35	25	18	13	8	4	1	0
B	125	98	78	62	47	34	24	17	12	7	3	0	
C	122	95	75	59	44	31	21	14	9	4	0		
D	118	91	71	55	40	27	17	10	5	0			
E	113	86	66	50	35	22	12	5	0				
F	108	81	61	45	30	17	7	0					
G	101	74	54	38	23	10	0						
H	91	64	44	28	13	0							
I	78	51	31	15	0								
J	63	36	16	0									
K	47	20	0										
L	27	0											
M	0												

M4+													
Cat.	Time (Seconds)												
A	126	99	79	63	48	35	25	18	13	8	4	1	0
B	125	98	78	62	47	34	24	17	12	7	3	0	
C	122	95	75	59	44	31	21	14	9	4	0		
D	118	91	71	55	40	27	17	10	5	0			
E	113	86	66	50	35	22	12	5	0				
F	108	81	61	45	30	17	7	0					
G	101	74	54	38	23	10	0						
H	91	64	44	28	13	0							
I	78	51	31	15	0								
J	63	36	16	0									
K	47	20	0										
L	27	0											
M	0												

M4-													
Cat.	Time (Seconds)												
A	121	95	76	61	46	33	24	17	12	8	4	1	0
B	120	94	75	60	45	32	23	16	11	7	3	0	
C	117	91	72	57	42	29	20	13	8	4	0		
D	113	87	68	53	38	25	16	9	4	0			
E	109	83	64	49	34	21	12	5	0				
F	104	78	59	44	29	16	7	0					
G	97	71	52	37	22	9	0						
H	88	62	43	28	13	0							
I	75	49	30	15	0								
J	60	34	15	0									
K	45	19	0										
L	26	0											
M	0												

<b>M4x</b>													
<b>Cat.</b>	<b>Time (Seconds)</b>												
<b>A</b>	118	92	73	59	45	32	23	17	12	8	4	1	0
<b>B</b>	117	91	72	58	44	31	22	16	11	7	3	0	
<b>C</b>	114	88	69	55	41	28	19	13	8	4	0		
<b>D</b>	110	84	65	51	37	24	15	9	4	0			
<b>E</b>	106	80	61	47	33	20	11	5	0				
<b>F</b>	101	75	56	42	28	15	6	0					
<b>G</b>	95	69	50	36	22	9	0						
<b>H</b>	86	60	41	27	13	0							
<b>I</b>	73	47	28	14	0								
<b>J</b>	59	33	14	0									
<b>K</b>	45	19	0										
<b>L</b>	26	0											
<b>M</b>	0												

<b>M8+</b>													
<b>Cat.</b>	<b>Time (Seconds)</b>												
<b>A</b>	114	89	71	57	44	31	23	16	11	8	4	1	0
<b>B</b>	113	88	70	56	43	30	22	15	10	7	3	0	
<b>C</b>	110	85	67	53	40	27	19	12	7	4	0		
<b>D</b>	106	81	63	49	36	23	15	8	3	0			
<b>E</b>	103	78	60	46	33	20	12	5	0				
<b>F</b>	98	73	55	41	28	15	7	0					
<b>G</b>	91	66	48	34	21	8	0						
<b>H</b>	83	58	40	26	13	0							
<b>I</b>	70	45	27	13	0								
<b>J</b>	57	32	14	0									
<b>K</b>	43	18	0										
<b>L</b>	25	0											
<b>M</b>	0												

## Women's Events

W1x													
Cat.	Time (Seconds)												
A	202	149	113	88	64	44	31	21	15	10	5	2	0
B	200	147	111	86	62	42	29	19	13	8	3	0	
C	197	144	108	83	59	39	26	16	10	5	0		
D	192	139	103	78	54	34	21	11	5	0			
E	187	134	98	73	49	29	16	6	0				
F	181	128	92	67	43	23	10	0					
G	171	118	82	57	33	13	0						
H	158	105	69	44	20	0							
I	138	85	49	24	0								
J	114	61	25	0									
K	89	36	0										
L	53	0											
M	0												

W2-													
Cat.	Time (Seconds)												
A	198	146	111	86	63	43	30	21	15	10	5	2	0
B	196	144	109	84	61	41	28	19	13	8	3	0	
C	193	141	106	81	58	38	25	16	10	5	0		
D	188	136	101	76	53	33	20	11	5	0			
E	183	131	96	71	48	28	15	6	0				
F	177	125	90	65	42	22	9	0					
G	168	116	81	56	33	13	0						
H	155	103	68	43	20	0							
I	135	83	48	23	0								
J	112	60	25	0									
K	87	35	0										
L	52	0											
M	0												

W2x													
Cat.	Time (Seconds)												
A	187	138	105	81	59	41	28	20	14	9	5	1	0
B	186	137	104	80	58	40	27	19	13	8	4	0	
C	182	133	100	76	54	36	23	15	9	4	0		
D	178	129	96	72	50	32	19	11	5	0			
E	173	124	91	67	45	27	14	6	0				
F	167	118	85	61	39	21	8	0					
G	159	110	77	53	31	13	0						
H	146	97	64	40	18	0							
I	128	79	46	22	0								
J	106	57	24	0									
K	82	33	0										
L	49	0											
M	0												

W4+													
Cat.	Time (Seconds)												
A	187	138	105	81	59	41	28	20	14	9	5	1	0
B	186	137	104	80	58	40	27	19	13	8	4	0	
C	182	133	100	76	54	36	23	15	9	4	0		
D	178	129	96	72	50	32	19	11	5	0			
E	173	124	91	67	45	27	14	6	0				
F	167	118	85	61	39	21	8	0					
G	159	110	77	53	31	13	0						
H	146	97	64	40	18	0							
I	128	79	46	22	0								
J	106	57	24	0									
K	82	33	0										
L	49	0											
M	0												

W4-													
Cat.	Time (Seconds)												
A	180	133	101	78	57	39	27	19	13	9	5	1	0
B	179	132	100	77	56	38	26	18	12	8	4	0	
C	175	128	96	73	52	34	22	14	8	4	0		
D	171	124	92	69	48	30	18	10	4	0			
E	167	120	88	65	44	26	14	6	0				
F	161	114	82	59	38	20	8	0					
G	153	106	74	51	30	12	0						
H	141	94	62	39	18	0							
I	123	76	44	21	0								
J	102	55	23	0									
K	79	32	0										
L	47	0											
M	0												

<b>W4x</b>													
<b>Cat.</b>	<b>Time (Seconds)</b>												
<b>A</b>	175	129	98	76	55	38	27	19	13	8	5	1	0
<b>B</b>	174	128	97	75	54	37	26	18	12	7	4	0	
<b>C</b>	170	124	93	71	50	33	22	14	8	3	0		
<b>D</b>	167	121	90	68	47	30	19	11	5	0			
<b>E</b>	162	116	85	63	42	25	14	6	0				
<b>F</b>	156	110	79	57	36	19	8	0					
<b>G</b>	148	102	71	49	28	11	0						
<b>H</b>	137	91	60	38	17	0							
<b>I</b>	120	74	43	21	0								
<b>J</b>	99	53	22	0									
<b>K</b>	77	31	0										
<b>L</b>	46	0											
<b>M</b>	0												

<b>W8+</b>													
<b>Cat.</b>	<b>Time (Seconds)</b>												
<b>A</b>	169	125	95	74	54	37	26	18	12	8	4	1	0
<b>B</b>	168	124	94	73	53	36	25	17	11	7	3	0	
<b>C</b>	165	121	91	70	50	33	22	14	8	4	0		
<b>D</b>	161	117	87	66	46	29	18	10	4	0			
<b>E</b>	157	113	83	62	42	25	14	6	0				
<b>F</b>	151	107	77	56	36	19	8	0					
<b>G</b>	143	99	69	48	28	11	0						
<b>H</b>	132	88	58	37	17	0							
<b>I</b>	115	71	41	20	0								
<b>J</b>	95	51	21	0									
<b>K</b>	74	30	0										
<b>L</b>	44	0											
<b>M</b>	0												

## Mixed Events

Mix 2x													
Cat.	Time (Seconds)												
A	152	116	90	71	53	37	27	19	13	9	5	1	0
B	151	115	89	70	52	36	26	18	12	8	4	0	
C	147	111	85	66	48	32	22	14	8	4	0		
D	143	107	81	62	44	28	18	10	4	0			
E	139	103	77	58	40	24	14	6	0				
F	133	97	71	52	34	18	8	0					
G	125	89	63	44	26	10	0						
H	115	79	53	34	16	0							
I	99	63	37	18	0								
J	81	45	19	0									
K	62	26	0										
L	36	0											
M	0												

Mix 4+													
Cat.	Time (Seconds)												
A	152	116	90	71	53	37	27	19	13	9	5	1	0
B	151	115	89	70	52	36	26	18	12	8	4	0	
C	147	111	85	66	48	32	22	14	8	4	0		
D	143	107	81	62	44	28	18	10	4	0			
E	139	103	77	58	40	24	14	6	0				
F	133	97	71	52	34	18	8	0					
G	125	89	63	44	26	10	0						
H	115	79	53	34	16	0							
I	99	63	37	18	0								
J	81	45	19	0									
K	62	26	0										
L	36	0											
M	0												

Mix 4x													
Cat.	Time (Seconds)												
A	142	108	84	67	50	35	25	18	12	8	5	1	0
B	141	107	83	66	49	34	24	17	11	7	4	0	
C	137	103	79	62	45	30	20	13	7	3	0		
D	134	100	76	59	42	27	17	10	4	0			
E	130	96	72	55	38	23	13	6	0				
F	124	90	66	49	32	17	7	0					
G	117	83	59	42	25	10	0						
H	107	73	49	32	15	0							
I	92	58	34	17	0								
J	75	41	17	0									
K	58	24	0										
L	34	0											
M	0												

Mix 8+													
Cat.	Time (Seconds)												
A	138	105	82	65	48	34	24	17	12	8	4	1	0
B	137	104	81	64	47	33	23	16	11	7	3	0	
C	134	101	78	61	44	30	20	13	8	4	0		
D	130	97	74	57	40	26	16	9	4	0			
E	126	93	70	53	36	22	12	5	0				
F	121	88	65	48	31	17	7	0					
G	114	81	58	41	24	10	0						
H	104	71	48	31	14	0							
I	90	57	34	17	0								
J	73	40	17	0									
K	56	23	0										
L	33	0											
M	0												