

## APPENDIX 10. MASTERS HANDICAP TABLES

### Men's Events

M1x														
Cat.	Time (Seconds)													
A	178	136	106	84	68	52	37	27	19	13	8	4	1	0
B	177	135	105	83	67	51	36	26	18	12	7	3	0	
C	174	132	102	80	64	48	33	23	15	9	4	0		
D	170	128	98	76	60	44	29	19	11	5	0			
E	165	123	93	71	55	39	24	14	6	0				
F	159	117	87	65	49	33	18	8	0					
G	151	109	79	57	41	25	10	0						
H	141	99	69	47	31	15	0							
I	126	84	54	32	16	0								
J	110	68	38	16	0									
K	94	52	22	0										
L	72	30	0											
M	42	0												
N	0													

M2-														
Cat.	Time (Seconds)													
A	133	104	83	67	51	37	27	19	13	8	4	1	0	
B	132	103	82	66	50	36	26	18	12	7	3	0		
C	129	100	79	63	47	33	23	15	9	4	0			
D	125	96	75	59	43	29	19	11	5	0				
E	120	91	70	54	38	24	14	6	0					
F	114	85	64	48	32	18	8	0						
G	106	77	56	40	24	10	0							
H	96	67	46	30	14	0								
I	82	53	32	16	0									
J	66	37	16	0										
K	50	21	0											
L	29	0												
M	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												

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

M8+													
Cat.	Time (Seconds)												
A	115	90	72	58	44	32	23	17	12	8	4	1	0
B	114	89	71	57	43	31	22	16	11	7	3	0	
C	111	86	68	54	40	28	19	13	8	4	0		
D	107	82	64	50	36	24	15	9	4	0			
E	103	78	60	46	32	20	11	5	0				
F	98	73	55	41	27	15	6	0					
G	92	67	49	35	21	9	0						
H	83	58	40	26	12	0							
I	71	46	28	14	0								
J	57	32	14	0									
K	43	18	0										
L	25	0											
M	0												

**Women's Events**

W1x													
Cat.	Time (Seconds)						Time (Seconds)						
A	202	149	113	88	64	44	31	22	15	10	5	2	0
B	200	147	111	86	62	42	29	20	13	8	3	0	
C	197	144	108	83	59	39	26	17	10	5	0		
D	192	139	103	78	54	34	21	12	5	0			
E	187	134	98	73	49	29	16	7	0				
F	180	127	91	66	42	22	9	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)						
<b>A</b>	199	147	112	87	64	44	31	22	15	10	5	2	0
<b>B</b>	197	145	110	85	62	42	29	20	13	8	3	0	
<b>C</b>	194	142	107	82	59	39	26	17	10	5	0		
<b>D</b>	189	137	102	77	54	34	21	12	5	0			
<b>E</b>	184	132	97	72	49	29	16	7	0				
<b>F</b>	177	125	90	65	42	22	9	0					
<b>G</b>	168	116	81	56	33	13	0						
<b>H</b>	155	103	68	43	20	0							
<b>I</b>	135	83	48	23	0								
<b>J</b>	112	60	25	0									
<b>K</b>	87	35	0										
<b>L</b>	52	0											
<b>M</b>	0												

W2x													
Cat.							Time (Seconds)						
<b>A</b>	186	137	104	80	58	40	28	19	13	8	4	1	0
<b>B</b>	185	136	103	79	57	39	27	18	12	7	3	0	
<b>C</b>	182	133	100	76	54	36	24	15	9	4	0		
<b>D</b>	178	129	96	72	50	32	20	11	5	0			
<b>E</b>	173	124	91	67	45	27	15	6	0				
<b>F</b>	167	118	85	61	39	21	9	0					
<b>G</b>	158	109	76	52	30	12	0						
<b>H</b>	146	97	64	40	18	0							
<b>I</b>	128	79	46	22	0								
<b>J</b>	106	57	24	0									
<b>K</b>	82	33	0										
<b>L</b>	49	0											
<b>M</b>	0												

W4+													
Cat.							Time (Seconds)						
<b>A</b>	186	137	104	80	58	40	28	19	13	8	4	1	0
<b>B</b>	185	136	103	79	57	39	27	18	12	7	3	0	
<b>C</b>	182	133	100	76	54	36	24	15	9	4	0		
<b>D</b>	178	129	96	72	50	32	20	11	5	0			
<b>E</b>	173	124	91	67	45	27	15	6	0				
<b>F</b>	167	118	85	61	39	21	9	0					
<b>G</b>	158	109	76	52	30	12	0						
<b>H</b>	146	97	64	40	18	0							
<b>I</b>	128	79	46	22	0								
<b>J</b>	106	57	24	0									
<b>K</b>	82	33	0										
<b>L</b>	49	0											
<b>M</b>	0												

W4-													
Cat.	Time (Seconds)												
A	180	133	101	78	57	39	27	19	13	8	4	1	0
B	179	132	100	77	56	38	26	18	12	7	3	0	
C	176	129	97	74	53	35	23	15	9	4	0		
D	172	125	93	70	49	31	19	11	5	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												

W4x													
Cat.	Time (Seconds)												
A	174	128	97	75	54	37	26	18	12	8	4	1	0
B	173	127	96	74	53	36	25	17	11	7	3	0	
C	170	124	93	71	50	33	22	14	8	4	0		
D	166	120	89	67	46	29	18	10	4	0			
E	162	116	85	63	42	25	14	6	0				
F	156	110	79	57	36	19	8	0					
G	148	102	71	49	28	11	0						
H	137	91	60	38	17	0							
I	120	74	43	21	0								
J	99	53	22	0									
K	77	31	0										
L	46	0											
M	0												

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

**Mixed Events**

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

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

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

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

## Coxed v Coxless Boat Handicaps

These handicaps are recommended for when coxed and coxless boats race against each other. These are used in addition to the existing age based handicaps.

These are relevant for 1000m racing only

Gender	Boat	A	B	C	D	E	F	G	H	I	J	K	L	M
Men	M4x-	7	7	7	7	8	8	8	8	9	10	10	11	12
	M4-	7	7	7	7	8	8	8	8	9	10	10	11	12
Women	W4x-	8	8	8	8	9	9	9	10	10	11	12	13	15
	W4-	8	8	8	8	9	9	9	10	10	11	12	13	15
Mixed	Mix 4x-	8	8	8	8	8	8	9	9	10	10	11	12	13
	Mix4-	8	8	8	8	8	8	9	9	10	10	11	12	13

## Intergrade Handicaps for Men's 1x

Intergrade individual year handicaps within K, L, M and N Grades

K-Grade: 83, 84, 85			
K1	13	6	0
K2	7	0	
K3	0		

L-Grade: 86, 87, 88			
L1	17	8	0
L2	9	0	
L3	0		

M-Grade: 89, 90, 91			
M1	23	11	0
M2	12	0	
M3	0		

N-Grade: 92, 93, 94			
N1	34	16	0
N2	18	0	
N3	0		