

## MALE MASTERS HANDICAPS

<b>M1x</b>													
<b>Cat.</b>	<b>Time (Seconds)</b>												
<b>A</b>	136	106	84	68	52	37	27	19	13	8	4	1	0
<b>B</b>	135	105	83	67	51	36	26	18	12	7	3	0	
<b>C</b>	132	102	80	64	48	33	23	15	9	4	0		
<b>D</b>	128	98	76	60	44	29	19	11	5	0			
<b>E</b>	123	93	71	55	39	24	14	6	0				
<b>F</b>	117	87	65	49	33	18	8	0					
<b>G</b>	109	79	57	41	25	10	0						
<b>H</b>	99	69	47	31	15	0							
<b>I</b>	84	54	32	16	0								
<b>J</b>	68	38	16	0									
<b>K</b>	52	22	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	8	4	1	0
<b>B</b>	132	103	82	66	50	36	26	18	12	7	3	0	
<b>C</b>	129	100	79	63	47	33	23	15	9	4	0		
<b>D</b>	125	96	75	59	43	29	19	11	5	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												
<b>M2x</b>													
<b>Cat.</b>	<b>Time (Seconds)</b>												
<b>A</b>	126	99	79	63	48	35	25	18	13	8	4	1	0
<b>B</b>	125	98	78	62	47	34	24	17	12	7	3	0	
<b>C</b>	122	95	75	59	44	31	21	14	9	4	0		
<b>D</b>	118	91	71	55	40	27	17	10	5	0			
<b>E</b>	113	86	66	50	35	22	12	5	0				
<b>F</b>	108	81	61	45	30	17	7	0					
<b>G</b>	101	74	54	38	23	10	0						
<b>H</b>	91	64	44	28	13	0							
<b>I</b>	78	51	31	15	0								
<b>J</b>	63	36	16	0									
<b>K</b>	47	20	0										
<b>L</b>	27	0											
<b>M</b>	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												

### 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