

MIXED MASTERS HANDICAPS

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												

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