

FEMALE MASTERS HANDICAPS

W1x													
Cat.	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)												
A	199	147	112	87	64	44	31	22	15	10	5	2	0
B	197	145	110	85	62	42	29	20	13	8	3	0	
C	194	142	107	82	59	39	26	17	10	5	0		
D	189	137	102	77	54	34	21	12	5	0			
E	184	132	97	72	49	29	16	7	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	186	137	104	80	58	40	28	19	13	8	4	1	0
B	185	136	103	79	57	39	27	18	12	7	3	0	
C	182	133	100	76	54	36	24	15	9	4	0		
D	178	129	96	72	50	32	20	11	5	0			
E	173	124	91	67	45	27	15	6	0				
F	167	118	85	61	39	21	9	0					
G	158	109	76	52	30	12	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	186	137	104	80	58	40	28	19	13	8	4	1	0
B	185	136	103	79	57	39	27	18	12	7	3	0	
C	182	133	100	76	54	36	24	15	9	4	0		
D	178	129	96	72	50	32	20	11	5	0			
E	173	124	91	67	45	27	15	6	0				
F	167	118	85	61	39	21	9	0					
G	158	109	76	52	30	12	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	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												

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