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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