

Handicaps: HOCR2008

STANDARD TIMES

Men's Alumni eight = 15 min

Men's Quad = 16 min

Women's alumni eight = 17 min

Mixed Quad = 17 min

Women's Quad = 18 min

HANDICAPS (to nearest 0.5 sec) in seconds

(based on ARA handicaps for Long Distance Events, as published in the 2008 British rowing Almanac)

AGE	15 min STD	16 min STD	17 min STD	18 min STD
>30	0	0	0	0
30	0	0	0	0
31	0.5	0.5	0.5	0.5
32	1.5	1.5	1.5	1.5
33	2.5	2.5	2.5	2.5
34	3.5	3.5	3.5	3.5
35	4.5	4.5	4.5	4.5
36	6.0	6.0	6.0	6.0
37	7.5	7.5	7.5	7.5
38	9.0	9.5	9.5	9.5
39	11.0	11.5	11.5	11.5
40	13.0	13.5	13.5	13.5
41	15.0	16.0	16.0	16.0
42	17.5	18.5	18.5	18.5
43	20.0	21.0	21.0	21.0
44	23.0	24.0	24.0	24.0
45	26.0	27.0	27.0	27.0
46	29.0	30.0	30.0	30.0
47	32.5	33.5	33.5	33.5
48	36.0	37.0	37.0	37.0
49	40.0	41.0	41.0	41.0
50	44.0	45.0	45.0	45.0
51	48.0	49.0	49.0	49.0
52	52.0	53.0	53.0	53.5
53	56.0	57.0	57.0	58.0
54	60.0	61.0	61.5	62.5
55	64.0	65.0	66.0	67.0
56	68.5	69.5	70.5	71.5
57	73.0	74.0	75.0	76.0
58	78.0	79.0	80.0	81.0

AGE	15 min STD	16 min STD	17 min STD	18 min STD
59	83.0	84.0	85.0	86.0
60	88.0	89.0	90.0	91.0
61	93.5	95.0	96.0	97.0
62	99.0	101.0	102.0	103.0
63	105.0	107.0	108.0	109.0
64	111.0	113.0	114.0	115.0
65	117.0	119.0	120.0	121.0
66	122.5	124.5	125.5	127.0
67	128.5	130.5	132.0	133.0
68	134.5	136.5	138.0	139.0
69	140.0	142.5	144.0	145.0
70	146.0	148.0	150.0	151.0
71	152.0	154.0	156.0	157.0
72	157.5	160.0	162.0	163.0
73	163.5	166.0	168.0	169.0
74	169.5	172.0	174.0	181.0
75	175.0	178.0	180.0	181.0

NOTE:

Bold values = lowest age within Veteran's age brackets (Handicap time values from ARA used to draw continuous curve from age 30 to 75 for each of the 4 "Standard times")

Vet B = 36 – 42

Vet C = 43 – 54

Vet D = 50 – 54

Vet E = 55 – 59

Vet F = 60 – 64

Vet G = 65 – 69

Vet H = 70 – 74

Vet I = 75 – 79