Attachment 4 Revised Handicap Tables – Men

M8+											
Cat.	**Time (Seconds)**										
A	97	65	44	31	23	17	12	7	4	1	0
B	96	64	43	30	22	16	11	6	3	0	
C	93	61	40	27	19	13	8	3	0		
D	90	58	37	24	16	10	5	0			
E	85	53	32	19	11	5	0				
F	80	48	27	14	6	0					
G	74	42	21	8	0						
H	66	34	13	0							
I	53	21	0								
J	32	0									
K	0										

M4x											
Cat.	**Time (Seconds)**										
A	100	67	45	32	24	18	12	8	4	1	0
B	99	66	44	31	23	17	11	7	3	0	
C	96	63	41	28	20	14	8	4	0		
D	92	59	37	24	16	10	4	0			
E	88	55	33	20	12	6	0				
F	82	49	27	14	6	0					
G	76	43	21	8	0						
H	68	35	13	0							
I	55	22	0								
J	33	0									
K	0										

M4-											
Cat.	**Time (Seconds)**										
A	103	69	47	33	25	18	13	8	4	1	0
B	102	68	46	32	24	17	12	7	3	0	
C	99	65	43	29	21	14	9	4	0		
D	95	61	39	25	17	10	5	0			
E	90	56	34	20	12	5	0				
F	85	51	29	15	7	0					
G	78	44	22	8	0						
H	70	36	14	0							
I	56	22	0								
J	34	0									
K	0										

M4+, M2x											
Cat.	**Time (Seconds)**										
A	107	71	48	35	26	19	13	8	4	1	0
B	106	70	47	34	25	18	12	7	3	0	
C	103	67	44	31	22	15	9	4	0		
D	99	63	40	27	18	11	5	0			
E	94	58	35	22	13	6	0				
F	88	52	29	16	7	0					
G	81	45	22	9	0						
H	72	36	13	0							
I	59	23	0								
J	36	0									
K	0										

M2-											
Cat.	**Time (Seconds)**										
A	113	76	51	37	27	20	14	9	4	1	0
B	112	75	50	36	26	19	13	8	3	0	
C	109	72	47	33	23	16	10	5	0		
D	104	67	42	28	18	11	5	0			
E	99	62	37	23	13	6	0				
F	93	56	31	17	7	0					
G	86	49	24	10	0						
H	76	39	14	0							
I	62	25	0								
J	37	0									
K	0										

M1x											
Cat.	**Time (Seconds)**										
A	115	77	52	37	28	20	14	9	4	1	0
B	114	76	51	36	27	19	13	8	3	0	
C	111	73	48	33	24	16	10	5	0		
D	106	68	43	28	19	11	5	0			
E	101	63	38	23	14	6	0				
F	95	57	32	17	8	0					
G	87	49	24	9	0						
H	78	40	15	0							
I	63	25	0								
J	38	0									
K	0										

Attachment 5 Revised Handicap Tables – Women

W8+											
Cat.	**Time (Seconds)**										
A	163	91	56	38	27	19	13	8	4	1	0
B	162	90	55	37	26	18	12	7	3	0	
C	159	87	52	34	23	15	9	4	0		
D	155	83	48	30	19	11	5	0			
E	150	78	43	25	14	6	0				
F	144	72	37	19	8	0					
G	136	64	29	11	0						
H	125	53	18	0							
I	107	35	0								
J	72	0									
K	0										

W4x											
Cat.	**Time (Seconds)**										
A	168	94	58	39	28	20	14	9	4	1	0
B	167	93	57	38	27	19	13	8	3	0	
C	164	90	54	35	24	16	10	5	0		
D	159	85	49	30	19	11	5	0			
E	154	80	44	25	14	6	0				
F	148	74	38	19	8	0					
G	140	66	30	11	0						
H	129	55	19	0							
I	110	36	0								
J	74	0									
K	0										

W4-											
Cat.	**Time (Seconds)**										
A	173	97	59	40	29	21	14	9	4	1	0
B	172	96	58	39	28	20	13	8	3	0	
C	169	93	55	36	25	17	10	5	0		
D	164	88	50	31	20	12	5	0			
E	159	83	45	26	15	7	0				
F	152	76	38	19	8	0					
G	144	68	30	11	0						
H	133	57	19	0							
I	114	38	0								
J	76	0									
K	0										

W4+, W2x											
Cat.	**Time (Seconds)**										
A	180	100	62	42	30	21	15	9	5	1	0
B	179	99	61	41	29	20	14	8	4	0	
C	175	95	57	37	25	16	10	4	0		
D	171	91	53	33	21	12	6	0			
E	165	85	47	27	15	6	0				
F	159	79	41	21	9	0					
G	150	70	32	12	0						
H	138	58	20	0							
I	118	38	0								
J	80	0									
K	0										

W2-											
Cat.	**Time (Seconds)**										
A	191	106	65	44	31	23	16	10	5	1	0
B	190	105	64	43	30	22	15	9	4	0	
C	186	101	60	39	26	18	11	5	0		
D	181	96	55	34	21	13	6	0			
E	175	90	49	28	15	7	0				
F	168	83	42	21	8	0					
G	160	75	34	13	0						
H	147	62	21	0							
I	126	41	0								
J	85	0									
K	0										

W1x											
Cat.	**Time (Seconds)**										
A	194	108	66	45	32	23	16	10	5	1	0
B	193	107	65	44	31	22	15	9	4	0	
C	189	103	61	40	27	18	11	5	0		
D	184	98	56	35	22	13	6	0			
E	178	92	50	29	16	7	0				
F	171	85	43	22	9	0					
G	162	76	34	13	0						
H	149	63	21	0							
I	128	42	0								
J	86	0									
K	0										

Attachment 6 Revised Handicap Tables – Mixed

Mix 8+											
Cat.	**Time (Seconds)**										
A	130	78	50	35	25	18	13	8	4	1	0
B	129	77	49	34	24	17	12	7	3	0	
C	126	74	46	31	21	14	9	4	0		
D	123	71	43	27	18	11	5	0			
E	118	66	38	22	13	6	0				
F	112	60	32	17	7	0					
G	105	53	25	10	0						
H	96	44	16	0							
I	80	28	0								
J	52	0									
K	0										

Mix 4x											
Cat.	**Time (Seconds)**										
A	134	81	52	36	26	19	13	9	4	1	0
B	133	80	51	35	25	18	12	8	3	0	
C	130	77	48	32	22	15	9	5	0		
D	126	72	43	27	18	11	5	0			
E	121	68	39	23	13	6	0				
F	115	62	33	17	7	0					
G	108	55	26	10	0						
H	99	45	16	0							
I	83	29	0								
J	54	0									
K	0										

Mix 4-											
Cat.	**Time (Seconds)**										
A	138	83	53	37	27	20	14	9	4	1	0
B	137	82	52	36	26	19	13	8	3	0	
C	134	79	49	33	23	16	10	5	0		
D	130	75	45	28	19	11	5	0			
E	125	70	40	23	14	6	0				
F	119	64	34	17	8	0					
G	111	56	26	10	0						
H	102	47	17	0							
I	85	30	0								
J	55	0									
K	0										

Mix4+, Mix2x											
Cat.	**Time (Seconds)**										
A	144	86	55	39	28	20	14	9	5	1	0
B	143	85	54	38	27	19	13	8	4	0	
C	139	81	51	34	24	16	10	4	0		
D	135	77	47	30	20	12	6	0			
E	130	72	41	25	14	6	0				
F	124	66	35	19	8	0					
G	116	58	27	11	0						
H	105	47	17	0							
I	89	31	0								
J	58	0									
K	0										