

Adult Race League Handicap Chart (MALE)								
Age Group	8 Points	7 Points	6 Points	5 Points	4 Points	3 Points	2 Points	1 Points
18-20	0-5	6-9	10-13	14-17	18-24	25-31	32-38	39+
21-29	0-4	5-8	9-12	13-16	17-23	24-30	31-38	39+
30-34	0-4	5-8	9-13	14-17	18-25	26-32	33-39	40+
35-39	0-5	6-9	10-14	15-19	20-26	27-33	34-41	42+
40-44	0-5	6-10	11-16	17-21	22-27	28-35	36-42	43+
45-49	0-6	7-11	12-17	18-22	23-29	30-36	37-45	46+
50-54	0-6	7-12	13-28	19-23	24-31	32-38	39-47	48+
55-59	0-7	8-14	15-20	21-26	27-34	35-42	43-51	52+
60-64	0-8	9-16	17-23	24-30	31-38	39-45	46-53	54+
65-69	0-9	10-18	19-26	27-33	34-40	41-47	48-55	56+
70-74	0-11	12-21	22-29	30-36	37-43	44-50	51-58	59+
75-79	0-12	13-23	24-30	31-38	39-46	47-54	55-62	63+
80-84	0-15	16-30	31-40	41-50	51-58	59-65	66-73	74+
85-89	0-17	18-33	34-42	43-55	56-62	63-70	71-76	77+
90-95	0-20	21-40	41-52	53-64	65-72	73-80	81-87	88+
95-100	0-23	24-45	46-58	59-69	70-77	78-85	86-93	94+

Adult Race League Handicap Chart (FEMALE)								
Age Group	8 Points	7 Points	6 Points	5 Points	4 Points	3 Points	2 Points	1 Points
18-20	0-7	8-14	15-19	20-23	24-29	30-36	37-43	44+
21-29	0-7	8-14	15-19	20-24	25-31	32-39	40-48	49+
30-34	0-8	9-15	16-22	23-29	30-37	38-46	47-55	56+
35-39	0-9	10-18	19-24	25-33	34-41	42-49	50-58	59+
40-44	0-10	11-20	21-28	29-35	36-42	43-52	53-60	61+
45-49	0-11	12-21	22-30	31-37	38-43	44-53	54-62	63+
50-54	0-13	14-25	26-34	35-40	41-48	49-55	56-63	64+
55-59	0-14	15-27	28-35	36-42	43-50	51-58	59-66	67+
60-64	0-15	16-29	30-37	38-46	47-54	55-62	63-78	79+
65-69	0-16	17-31	32-39	40-48	49-56	57-63	64-72	73+
70-74	0-19	19-36	37-45	46-52	53-58	59-67	68-74	75+
75-79	0-20	21-40	41-49	50-55	56-62	63-70	71-80	81+
80-84	0-25	26-50	51-56	57-65	66-73	74-80	81-90	91+
85-89	0-30	31-60	61-70	71-78	81-90	91-100	101-115	116+
90-95	0-35	36-70	71-80	81-90	91-100	101-110	111-126	127+
95-100	0-42	41-80	81-90	91-100	101-110	111-120	121-135	136+

Handicaps are established by dividing your time by par the time, subtracting 1, and multiplying by 100.

EXAMPLE: Par Time – 12.00; Racer time – 13.20; Handicap – $13.20/12.00 - 1 (x100) = 10$

The par time shall be as slow as possible, while still awarding only 1 racer the full 8 points. If the number of racers exceeds 80 racers this may be increased to 2 racers.