

VICTORIAN ATHLETIC LEAGUE NOVICE HANDICAPS 2011/12					
DISTANCE/ CATEGORY	UNDER 35		OVER 35		START TIME
	MALE	FEMALE	MALE	FEMALE	
<u>70 METRES</u>					
OPEN	4.0	10.5	6.0	12.5	7.75
WOMEN	NA	3.0	NA	5.0	8.9
<u>120 METRES</u>					
OPEN	6	17	9	20	12.4
WOMENS	NA	6	NA	9	14.2
VETERANS	NA	NA	5	17	13.2
VET/WOMEN		14	5	17	13.2
<u>200 METRES</u>					
OPEN	10	26	15	30	21
WOMEN	NA	10	NA	15	24.2
<u>300 METRES</u>					
OPEN	10	35	18	42	34.5
WOMENS	NA	30	NA	36	36
VETERANS	NA	NA	10	36	36
VET/WOMEN	NA	30	10	36	36
<u>400 METRES</u>					
OPEN	20	54	30	62	47.6
WOMENS	NA	20	NA	30	53.9
<u>550 METRES</u>					
OPEN	25	75	35	85	70
<u>800 METRES</u>					
OPEN	40	110	60	126	1.52.0
WOMENS	NA	50	NA	70	2.10.0
VETERANS	NA	NA	30	100	2.00.0
VET/WOMEN	NA	80	30	100	2.00.0
<u>1600 METRES</u>					
OPEN	100	260	150	290	4.07.0
VETERANS	NA	NA	50	200	4.25.0
VET/WOMEN	NA	165	50	200	4.25.0
<u>3200 METRES</u>					
OPEN	150	400	250	400	9.10.0