

SCHEDULE 1 - HANDICAP CALCULATIONS TABLE AS AT NOV. 2011

EVENT	MINIMUM GRAD/N	ESTABLISHED ATHLETES		ONGOING ASSESSMENT ATHLETES				TARGET TIMES		TIME RANGE
		NUMBER OF ACCEPTABLE PERFORMANCES	LIFT RANGE	NUMBER OF SATISFACTORY PERFORMANCES	LIFT RANGE	NUMBER OF SATISFACTORY PERFORMANCES	LIFT RANGE	STARTING	CEILING	ACCEPTABLE DEVIATION
70 OPEN	0.25	3	0.25-0.50	1	0.25-0.75	1	0.25-2.00	7.75	7.58	0.30
120 OPEN	0.25	3	0.25-0.50	1	0.25-1.00	1	0.25-2.00	12.40	12.25	0.55
120 WOMEN	0.25	3	0.25-0.50	1	0.25-1.00	1	0.25-2.00	14.20	14.00	0.55
120 VETS & WOM/VET	0.25	N/A	N/A	1	0.25-2.00	1	0.25-2.00	13.20	13.00	N/A
200 OPEN	1	N/A	N/A	1	0 - 4	1	0 - 8	21.00	20.80	N/A
300 OPEN	1	N/A	N/A	1	0 - 6	1	0 - 12	34.50	33.50	N/A
300 VETS, WOM, W/V	1	3	1 - 2	1	0 - 6	1	0 - 12	36.00	35.00	2.00
400 OPEN	1	3	1 - 2	1	0 - 8	1	0 - 8	47.60	46.50	2.00
400 WOMEN	1	2	1 - 2	1	0 - 8	1	0 - 8	53.90	52.80	2.00
550 OPEN	1	N/A	N/A	1	0 - 10	1	0 - 10	70.00	69.00	N/A
800 OPEN	2	3	2 - 6	1	0 - 20	1	0 - 20	1.52.0	1.50	5.00
800 WOMEN	2	N/A	N/A	1	0 - 30	1	0 - 30	2.10.0	2.06.0	N/A
800 VETS & WOM/VET	2	N/A	N/A	1	0 - 30	1	0 - 30	2.00.0	1.57.0	N/A
1600 OPEN	5	3	5 - 10	1	0 - 40	1	0 - 40	4.07.0	4.02	11.00
1600 VETS & WOM/VETS	5	N/A	N/A	1	0 - 60	1	0 - 60	4.25	4.20	N/A
3200 OPEN	5	N/A	N/A	1	0 - 80	1	0 - 80	9.10	9.00	N/A

NOTES

1. ALL NOVICE & RESTRICTED EVENTS OVER ALL DISTANCES ARE HANDICAPPED ON A DISCRETIONARY BASIS
2. HANDICAPS FOR ALL 100 EVENTS ARE DETERMINED FROM THE 120 HANDICAPS OF THE SAME CATEGORY
3. ALL NON VETERAN WOMEN ARE OGA IN WOMEN/VETS 300S.
4. THOSE DISTANCES LISTED AS N/A FOR ESTABLISHED ATHLETES ARE "OGA" EVENTS ONLY.