



### NOVICE HANDICAPS

#### 70m Open or Veteran :

Open Athletes : 5m  
 Veteran Athletes : 7m  
 Female Athletes : 10.5m

#### 100m Open :

Open Athletes : 6m  
 Veteran Athletes : 8m  
 Female Athletes : 12m

#### 120m Open :

Open Athletes : 7m  
 Veteran Athletes : 9m  
 Female Athletes : 16m

#### 200m Open :

Open Athletes : 12m  
 Veteran Athletes : 18m  
 Female Athletes : 26m

#### 300m Open :

Open Athletes : 18m  
 Veteran Athletes : 22m  
 Female Athletes : 30m

#### 400m Open :

Open Athletes : 20m  
 Veteran Athletes : 30m  
 Female Athletes : 54m

#### 550m Open :

Open Athletes : 26m  
 Veteran Athletes : 36m  
 Female Athletes : 60m

#### 800m Open :

Open Athletes : 36m  
 Veteran Athletes : 46m  
 Female Athletes : 100m

#### 1500m & 1600m Open :

Open Athletes : 100m  
 Veteran Athletes : 150m  
 Female Athletes : 300m

#### 3200m Open :

Open Athletes : 200m  
 Veteran Athletes : 250m  
 Female Athletes : 350m