Handicap (Head Start) (in minutes)	27	26 ½	26	25 ½	25	24 ½	24	23 ½	23	22 ½	22	21 ½	21	20 ½	20	19 ½	19	18 ½	18	17 ½	17	16 ½	16	15 ½	15	14 ½	14	13 ½	13	12 ½	12	11 ½	11	10 ½	10	9 ½	9	8 ½	8	7 ½	7	6 ½	6	5 ½	5	4 ½	4	3 ½	3	2 ½	2	1 ½	1	½	0
Start Time	7:30:00	7:30:30	7:31:00	7:31:30	7:32:00	7:32:30	7:33:00	7:33:30	7:34:00	7:34:30	7:35:00	7:35:30	7:36:00	7:36:30	7:37:00	7:37:30	7:38:00	7:38:30	7:39:00	7:39:30	7:40:00	7:40:30	7:41:00	7:41:30	7:42:00	7:42:30	7:43:00	7:43:30	7:44:00	7:44:30	7:45:00	7:45:30	7:46:00	7:46:30	7:47:00	7:47:30	7:48:00	7:48:30	7:49:00	7:49:30	7:50:00	7:50:30	7:51:00	7:51:30	7:52:00	7:52:30	7:53:00	7:53:30	7:54:00	7:54:30	7:55:00	7:55:30	7:56:00	7:56:30	7:57:00
Men (Age)																				80+			79		78		77	76	75	74	73	72	70 71	10(-) 69	11 68	67	66	12 64 65	63	61 62	60	58 59	57	55 56	53 54	13 51 52	49 50	48	46 47	14 44 45	42 43	15 37 38 39 40 41	16 17 31 32 33 34 35 36	18 25 26 27 28 29 30	19 20 21 22 23 24
Women (Age)	80+		79		78		77		76		75		74	73		72	71		70	69	68	67	66	65		64	63	62	61	60	59	58		57	55 56	54	53	10(-) 52	11 50 51	12 48 49	13 46 47	45	14 15 44	16 42 43	40 41	17 18 37 38 39	19 30 31 32 33 34 35 36	20 21 24 25 26 27 28 29	22 23						