

BORDERS ATHLETICS HANDICAPPING SYSTEM

SYSTEM FOR ADULTS

EVENT	STD. TIME.	NOVICE	PRIZE MONEY		AND		PENALTIES				LIFTS
			0 - 149	150 - 499	500 - 999	1000 - 1499	1500 - 2499	2500 - 3499	Over 3500		
SPRINTS	9.65 / 11.80 sec	3.5 / 4 m.	NIL	0.5 M	1.0 M	1.5 M	2.0 M	2.5 M	3.0 M	0.5 M	
			0 - 50	51 - 100	101 - 200	201 - 300	301 - 400	401 - 500	Over 500	LIFTS	
200 M	22.50 sec	7 m	NIL	1.0 M	2.0 M	3.0 M	4.0 M	5.0 M	6.0 M	1.0 M	
400 M	51.50 sec	14 m	NIL	2.0 M	4.0 M	6.0 M	8.0 M	10.0 M	12.0 M	2.0M	
800 M	1 min 56 sec	30 m	NIL	5.0 M	7.5 M	10.0 M	12.5 M	15.0 M	17.5 M	2.5 M	
1600 M	4min 25 sec	60 m	NIL	10.0 M	15.0 M	20.0 M	25.0 M	30.0 M	35.0 M	5.0 M	
3200 M	9min 45 sec	120 m	NIL	15.0 M	25.0 M	35.0 M	45.0 M	55.0 M	65.0 M	10.0 M	

SYSTEM FOR YOUTHS

EVENT	STD. TIME	NOVICE MARKS						
		10 Year	11 Year	12 Year	13 Year	14 Year	15 Year	16 Year
90 M	10.40 sec	18 m	15 m	12 m	9 m	6 m	3 m	Scr
200 M	24.50 sec	42 m	35 m	28 m	21 m	14 m	7 m	Scr
400 M	53.00 sec	85 m	70 m	55 m	42 m	28 m	14 m	Scr
800 M	2 min 06 sec	150 m	125 m	100 m	75 m	50 m	25 m	Scr
1600 M	4 min 50 sec	300 m	250 m	200 m	150 m	100 m	50 m	Scr

EVENT	PRIZE MONEY AND PENALTIES						LIFTS
	0 - 25	26 - 50	51 - 75	76 - 100	101 -150	151 - 200	
90 M	NIL	0.5 M	1.0 M	1.5 M	2.0 M	2.5 M	0.5 M
200 M	NIL	1.0 M	2.0 M	3.0M	4.0 M	5.0 M	1.0 M
400 M	NIL	2.0 M	4.0 M	6.0 M	8.0 M	10.0 M	2.0 M
800 M	NIL	5.0 M	10.0 M	15.0 M	20.0 M	25.0 M	5.0 M
1600 M	NIL	10.0M	20.0M	30.0 M	40.0 M	50.0 M	10.0M