

Pret Gladding Memorial Race
 Saturday, May 30, 2026
 Appendix A - Start Time Tables

Use the table corresponding to the course selected by the Race Committee.
 Find your PHRF rating range to determine your start time.

COURSES A & B (use this table if Course A or B is signaled)

course length (nm)		15.1 nm				phrf units per minute		4	
slowest phrf rating		300				start time for slowest rating		1200	
PHRF Rating Range		Start Time	PHRF Rating Range		Start Time	PHRF Rating Range		Start Time	
From	To		From	To		From	To		
297	300	1200	193	196	1226	93	96	1251	
293	296	1201	189	192	1227	89	92	1252	
289	292	1202	185	188	1228	85	88	1253	
285	288	1203	181	184	1229	81	84	1254	
281	284	1204	177	180	1230	77	80	1255	
277	280	1205	173	176	1231	73	76	1256	
273	276	1206	169	172	1232	69	72	1257	
269	272	1207	165	168	1233	65	68	1258	
265	268	1208	161	164	1234	61	64	1259	
261	264	1209	157	160	1235				
257	260	1210	153	156	1236				
253	256	1211	149	152	1237				
249	252	1212	145	148	1238				
245	248	1213	141	144	1239				
241	244	1214	137	140	1240				
237	240	1215	133	136	1241				
233	236	1216	129	132	1242				
229	232	1217	125	128	1243				
225	228	1218	121	124	1244				
221	224	1219	117	120	1245				
217	220	1220	113	116	1246				
213	216	1221	109	112	1247				
209	212	1222	105	108	1248				
205	208	1223	101	104	1249				
201	204	1224	97	100	1250				
197	200	1225							

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COURSES C & D (use this table if Course C or D is signaled)

course length (nm)		8.5					phrf units per minute		7
slowest phrf rating		300					start time for slowest rating		1200
PHRF Rating Range		Start Time	PHRF Rating Range		Start Time	PHRF Rating Range		Start Time	
From	To		From	To		From	To		
294	300	1200	112	118	1226	-63	-57	1251	
287	293	1201	105	111	1227	-70	-64	1252	
280	286	1202	98	104	1228	-77	-71	1253	
273	279	1203	91	97	1229	-84	-78	1254	
266	272	1204	84	90	1230	-91	-85	1255	
259	265	1205	77	83	1231	-98	-92	1256	
252	258	1206	70	76	1232	-105	-99	1257	
245	251	1207	63	69	1233	-112	-106	1258	
238	244	1208	56	62	1234	-119	-113	1259	
231	237	1209	49	55	1235				
224	230	1210	42	48	1236				
217	223	1211	35	41	1237				
210	216	1212	28	34	1238				
203	209	1213	21	27	1239				
196	202	1214	14	20	1240				
189	195	1215	7	13	1241				
182	188	1216	0	6	1242				
175	181	1217	-7	-1	1243				
168	174	1218	-14	-8	1244				
161	167	1219	-21	-15	1245				
154	160	1220	-28	-22	1246				
147	153	1221	-35	-29	1247				
140	146	1222	-42	-36	1248				
133	139	1223	-49	-43	1249				
126	132	1224	-56	-50	1250				
119	125	1225							

