

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	57	60	1300	
257	260	1210	153	156	1236	53	56	1301	
253	256	1211	149	152	1237	49	52	1302	
249	252	1212	145	148	1238	45	48	1303	
245	248	1213	141	144	1239	41	44	1304	
241	244	1214	137	140	1240	37	40	1305	
237	240	1215	133	136	1241	33	36	1306	
233	236	1216	129	132	1242	29	32	1307	
229	232	1217	125	128	1243	25	28	1308	
225	228	1218	121	124	1244	21	24	1309	
221	224	1219	117	120	1245	17	20	1310	
217	220	1220	113	116	1246	13	16	1311	
213	216	1221	109	112	1247	9	12	1312	
209	212	1222	105	108	1248	5	8	1313	
205	208	1223	101	104	1249	1	4	1314	
201	204	1224	97	100	1250	-3	0	1315	
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
From	To		From	To	
294	300	1200	140	146	1222
287	293	1201	133	139	1223
280	286	1202	126	132	1224
273	279	1203	119	125	1225
266	272	1204	112	118	1226
259	265	1205	105	111	1227
252	258	1206	98	104	1228
245	251	1207	91	97	1229
238	244	1208	84	90	1230
231	237	1209	77	83	1231
224	230	1210	70	76	1232
217	223	1211	63	69	1233
210	216	1212	56	62	1234
203	209	1213	49	55	1235
196	202	1214	42	48	1236
189	195	1215	35	41	1237
182	188	1216	28	34	1238
175	181	1217	21	27	1239
168	174	1218	14	20	1240
161	167	1219	7	13	1241
154	160	1220	0	6	1242
147	153	1221	-7	-1	1243

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COURSES E & F (use this table if Course E or F is signaled)

course length (nm)		6.8		phrf units per minute		9
slowest phrf rating		300		start time for slowest rating		1200
PHRF Rating Range		Start Time		PHRF Rating Range		Start Time
From	To			From	To	
292	300	1200		139	147	1217
283	291	1201		130	138	1218
274	282	1202		121	129	1219
265	273	1203		112	120	1220
256	264	1204		103	111	1221
247	255	1205		94	102	1222
238	246	1206		85	93	1223
229	237	1207		76	84	1224
220	228	1208		67	75	1225
211	219	1209		58	66	1226
202	210	1210		49	57	1227
193	201	1211		40	48	1228
184	192	1212		31	39	1229
175	183	1213		22	30	1230
166	174	1214		13	21	1231
157	165	1215		4	12	1232
148	156	1216		-5	3	1233