



DOLPHIN SOUTH END RUNNERS (DSE)
 FIRST WAVE 8:00 AM -SHARP!
 DOUBLE DIPSEA HANDICAP CHART

WAVE	SEX	AGE	HANDICAP	START
1	WOMEN	80+	61	8:00
2	WOMEN	75-79	57	8:04
3	WOMEN	70-74	54	8:07
4	MEN	80+	49	8:12
5	MEN	75-79	45	8:16
6	WOMEN	65-69	44	8:17
7	MEN	70-74	43	8:18
8	WOMEN	60-64	41	8:20
9	MEN	65-69	33	8:28
10	WOMEN	55-59	32	8:29
11	MEN	60-64	30	8:31
12	WOMEN	50-54	29	8:32
13	WOMEN	45-49	27	8:34
14	WOMEN	40-44	24	8:37
15	MEN	55-59	20	8:41
16	WOMEN	35-39	16	8:45
17	MEN	50-54	14	8:47
	WOMEN	30-34	14	
18	WOMEN	25-29	12	8:49
19	WOMEN	24 & Under	10	8:51
20	MEN	45-49	9	8:52
21	MEN	40-44	4	8:57
22	MEN	39 & Under	Scratch	9:01