

Jackrabbit Start Table 2

PHRF	FIRST GUN +	PHRF	FIRST GUN +	PHRF	FIRST GUN +	PHRF	FIRST GUN +
310	0:00:00	231	0:10:01	152	0:20:01	73	0:30:02
309	0:00:08	230	0:10:08	151	0:20:09	72	0:30:09
308	0:00:15	229	0:10:16	150	0:20:16	71	0:30:17
307	0:00:23	228	0:10:23	149	0:20:24	70	0:30:24
306	0:00:30	227	0:10:31	148	0:20:31	69	0:30:32
305	0:00:38	226	0:10:39	147	0:20:39	68	0:30:40
304	0:00:46	225	0:10:46	146	0:20:47	67	0:30:47
303	0:00:53	224	0:10:54	145	0:20:54	66	0:30:55
302	0:01:01	223	0:11:01	144	0:21:02	65	0:31:02
301	0:01:08	222	0:11:09	143	0:21:09	64	0:31:10
300	0:01:16	221	0:11:17	142	0:21:17	63	0:31:18
299	0:01:24	220	0:11:24	141	0:21:25	62	0:31:25
298	0:01:31	219	0:11:32	140	0:21:32	61	0:31:33
297	0:01:39	218	0:11:39	139	0:21:40	60	0:31:40
296	0:01:46	217	0:11:47	138	0:21:47	59	0:31:48
295	0:01:54	216	0:11:55	137	0:21:55	58	0:31:56
294	0:02:02	215	0:12:02	136	0:22:03	57	0:32:03
293	0:02:09	214	0:12:10	135	0:22:10	56	0:32:11
292	0:02:17	213	0:12:17	134	0:22:18	55	0:32:18
291	0:02:24	212	0:12:25	133	0:22:25	54	0:32:26
290	0:02:32	211	0:12:33	132	0:22:33	53	0:32:34
289	0:02:40	210	0:12:40	131	0:22:41	52	0:32:41
288	0:02:47	209	0:12:48	130	0:22:48	51	0:32:49
287	0:02:55	208	0:12:55	129	0:22:56	50	0:32:56
286	0:03:02	207	0:13:03	128	0:23:03	49	0:33:04
285	0:03:10	206	0:13:11	127	0:23:11	48	0:33:12
284	0:03:18	205	0:13:18	126	0:23:19	47	0:33:19
283	0:03:25	204	0:13:26	125	0:23:26	46	0:33:27
282	0:03:33	203	0:13:33	124	0:23:34	45	0:33:34
281	0:03:40	202	0:13:41	123	0:23:41	44	0:33:42
280	0:03:48	201	0:13:49	122	0:23:49	43	0:33:50
279	0:03:56	200	0:13:56	121	0:23:57	42	0:33:57
278	0:04:03	199	0:14:04	120	0:24:04	41	0:34:05
277	0:04:11	198	0:14:11	119	0:24:12	40	0:34:12
276	0:04:18	197	0:14:19	118	0:24:19	39	0:34:20
275	0:04:26	196	0:14:27	117	0:24:27	38	0:34:28
274	0:04:34	195	0:14:34	116	0:24:35	37	0:34:35
273	0:04:41	194	0:14:42	115	0:24:42	36	0:34:43
272	0:04:49	193	0:14:49	114	0:24:50	35	0:34:50
271	0:04:56	192	0:14:57	113	0:24:57	34	0:34:58
270	0:05:04	191	0:15:05	112	0:25:05	33	0:35:06
269	0:05:12	190	0:15:12	111	0:25:13	32	0:35:13
268	0:05:19	189	0:15:20	110	0:25:20	31	0:35:21

267	0:05:27	188	0:15:27	109	0:25:28	30	0:35:28
266	0:05:34	187	0:15:35	108	0:25:35	29	0:35:36
265	0:05:42	186	0:15:43	107	0:25:43	28	0:35:44
264	0:05:50	185	0:15:50	106	0:25:51	27	0:35:51
263	0:05:57	184	0:15:58	105	0:25:58	26	0:35:59
262	0:06:05	183	0:16:05	104	0:26:06	25	0:36:06
261	0:06:12	182	0:16:13	103	0:26:14	24	0:36:14
260	0:06:20	181	0:16:21	102	0:26:21	23	0:36:22
259	0:06:28	180	0:16:28	101	0:26:29	22	0:36:29
258	0:06:35	179	0:16:36	100	0:26:36	21	0:36:37
257	0:06:43	178	0:16:43	99	0:26:44	20	0:36:44
256	0:06:50	177	0:16:51	98	0:26:52	19	0:36:52
255	0:06:58	176	0:16:59	97	0:26:59	18	0:37:00
254	0:07:06	175	0:17:06	96	0:27:07	17	0:37:07
253	0:07:13	174	0:17:14	95	0:27:14	16	0:37:15
252	0:07:21	173	0:17:21	94	0:27:22	15	0:37:22
251	0:07:28	172	0:17:29	93	0:27:30	14	0:37:30
250	0:07:36	171	0:17:37	92	0:27:37	13	0:37:38
249	0:07:44	170	0:17:44	91	0:27:45	12	0:37:45
248	0:07:51	169	0:17:52	90	0:27:52	11	0:37:53
247	0:07:59	168	0:17:59	89	0:28:00	10	0:38:00
246	0:08:06	167	0:18:07	88	0:28:08	9	0:38:08
245	0:08:14	166	0:18:15	87	0:28:15	8	0:38:16
244	0:08:22	165	0:18:22	86	0:28:23	7	0:38:23
243	0:08:29	164	0:18:30	85	0:28:30	6	0:38:31
242	0:08:37	163	0:18:37	84	0:28:38	5	0:38:38
241	0:08:45	162	0:18:45	83	0:28:46	4	0:38:46
240	0:08:52	161	0:18:53	82	0:28:53	3	0:38:54
239	0:09:00	160	0:19:00	81	0:29:01	2	0:39:01
238	0:09:07	159	0:19:08	80	0:29:08	1	0:39:09
237	0:09:15	158	0:19:15	79	0:29:16	0	0:39:16
236	0:09:23	157	0:19:23	78	0:29:24	-1	0:39:24
235	0:09:30	156	0:19:31	77	0:29:31	-2	0:39:32
234	0:09:38	155	0:19:38	76	0:29:39	-3	0:39:39
233	0:09:45	154	0:19:46	75	0:29:46	-4	0:39:47
232	0:09:53	153	0:19:53	74	0:29:54	-5	0:39:54

Look up your PHRF rating on the above list and add the associated minutes to the time of first gun and you will have your start time. If your PHRF rating falls between the listed PHRF's then your start time is half way between the surrounding listed times (or add 13 seconds to the lower number). If you do not have a PHRF rating, contact the Vice Commodore.